SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 30

Thursday, April 18, 2013
metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

TORONTO metro®

$20 MILLION estimated
Lotto MAX
Friday's Jackpot

THE LITTLE FESTIVAL THAT COULD

OFFICIAL RECALLS HOT DOCS' HUMBLE BEGINNINGS AS EVENT GEARS UP FOR 20TH BIRTHDAY WITH FILMS LIKE THE MANOR, AT RIGHT PAGE 27

Poisonous mail adds to jitters

As U.S. officials continue to hunt for Boston Marathon suspect, news emerges of ricin-laced letter addressed to Obama PAGE 8

No need to fear 'cupcake crisis'

Prominent local bakers say sales are still sweet in Canada despite report of gourmet-cupcake crash in U.S. PAGE 6

Watches, specs going smarter

Wearable gadgets will be a legitimate alternative to smartphones, technology experts predict PAGE 22

NEWS WORTH SHARING.

GTA mayors back new taxes for Big Move on transit

CivicAction panel.
Ford only area leader who opposes funding new transit with taxes

Denzil Minnan-Wong knew he was the skunk at the garden party even before he was asked directly if that's how he felt on Wednesday, representing the only mayor openly disdainful of new taxes to pay for a massive Toronto-region transit expansion.

The Toronto councillor stood in for Mayor Rob Ford on a CivicAction mayors' panel discussing how the region will move ahead with taxes that can be dedicated to building more transit, and more quickly.

Minnan-Wong was seated among Oakville Mayor Rob Burton, Oshawa's John Henry, Burlington Mayor Rick Goldring and Markham Mayor Frank Scarpitti. Each vowed their support for new taxes to pay for transit.

Quoted

"When (residents) read ... that Metrolinx spent $700 million for one of the most expensive fare cards on the planet, they say, 'Well, we'd like to solve transit, we're prepared to think about revenue tools, but we're not sure you're accountable enough to spend it wisely.'"

Coun. Denzil Minnan-Wong, suggesting the public doesn't necessarily trust the government with its money

But only 24 hours earlier, Ford had issued the most recent in a series of rejections of such taxes or tolls. The Toronto mayor dismissed a city staff report endorsing a sales tax, gas tax, parking levies and higher development charges to contribute to Metrolinx's $2-billion annual transit plan.

In the meantime, Scarpitti drew agreement from his counterparts when he said, "A healthy Toronto means a healthy region."

"It's all about getting new revenue tools. If we don't get that money, the Big Move (regional transportation plan) is going to be the 'big slow move,'" he said.

TORSTAR NEWS SERVICE

'WE ARE ALL BOSTON FANS'

The Raptors' Jonas Valanciunas drives to the hoop past the Boston Celtics' Shavlik Randolph in Toronto on Wednesday as both teams play their final game of the season. The red Raptors sign that rings the ACC was green for one night, the words reading, "Tonight, we are all Boston fans." It was a tribute to those affected by Monday's marathon bombing. For more, see page 47. For full game coverage, visit metronews.ca. FRANK GUNN/THE CANADIAN PRESS

Over 2,500 people have their FREE $100 gift card.
DO YOU?
Go to www.Buytopia.ca to get yours today!
LIMITED TIME ONLY
Available Free Gift Cards
buytopia.ca

No noise is good noise.

For over six years, Porter has been proud to call the Toronto waterfront home. But we're not the only ones – alongside us are local residents, businesses, families and communities.

We're thrilled to share our plans for adding new routes across North America, providing more jobs and boosting the local economy. And because we know no one likes a noisy neighbour, we're doing everything we can to make sure we don't disturb your peace.

We're planning to add the quietest commercial jet in production - the Canadian-built Bombardier CS100 - to our fleet on new routes. This whisper jet is, in fact, comparably quiet to the Q400 that we already fly. So the only extra noise we plan on making is singing Toronto's praises even further afield.

Find out more about Porter's plans for change at porterplans.com

porterplans.com

Selena Gomez

Selena Gomez CONTRIBUTED/NBC

Local Hindus not bothered by bindi boo-boo

Singer Selena Gomez's decision to wear a bindi during two TV performances has raised ire in the United States, but not in Toronto. Vinod Sharma, president of the United Hindu Congress of Canada, said he has no problem with the singer wearing the traditional forehead decoration, as she did on the MTV Movie Awards and Dancing With the Stars.

And Mississauga resident Parveen Gill agreed. "Some people, if they … are very orthodox (Hindu), they might have some problem with it. But personally to me, no," he said.

TORSTAR NEWS SERVICE

Police-brutality case

G20 lawsuits wrap up

Three lawsuits filed against police by G20 protesters have been settled out of court, their lawyer, Davin Charney, says. The lawsuits include one filed by Nikos Kapetaneas, who was photographed as an officer in a gas mask kicked him in the back. The other cases, filed by Anna Grychtchenko and Caitlin Morgan, stem from the same incident on June 26, 2010. Charney said the settlement terms are confidential. TORSTAR NEWS SERVICE

Judges to rule on tracking suspended police officers

Union grievance. Suspended officers required to sign in at HQ twice a day

At any given time, 10 to 15 members of the Toronto Police Service are under suspension with pay. Every weekday morning and afternoon at police headquarters, they must show up and sign in.

Chief Bill Blair imposed the twice-daily requirement in 2007 to create "greater accountability" and assure the public that suspended officers were being monitored.

The issue of the chief's powers is at the heart of a union grievance that the condition is "unreasonable" and amounts to workplace harassment.

"It imposes great hardship on some suspended members, especially those who do not live close to headquarters," according to a union statement from 2007. It could also impede rehabilitation for those who suffer from substance abuse, the union said.

This week, a panel of Ontario Divisional Court judges is reviewing a labour arbitrator's decision last year that it was outside the scope of her authority to decide if Blair had overstepped his.

That issue is "the primary focus of why we're doing it," union president Mike McCormack said on Wednesday. "Once that's settled, we'll assess whether we want to continue with the grievance." The decision to file a grievance was made by a previous TPA board and it may no longer be "relevant," he said.

TORSTAR NEWS SERVICE

Salaries

- Uniformed officers suspended from duty are entitled to their salary, as mandated by the Police Services Act. The base pay of a first-class constable is $86,365.
- Last year, more than 3,200 officers and civilian employees of the police earned more than $100,000, or 40 per cent of 8,000 staff.

What a Rush! Ultimate Frisbee gives T.O. a spin

The Toronto Rush, who will debut in the American Ultimate Disc League on Saturday, held their introductory news conference on Wednesday at the U of T's Varsity Centre, where they will play their home games. The first is against the New Jersey Hammerheads on May 4. Heading the Toronto Rush are, from left, Jason Robinson, GM of the Toronto Ultimate Club; Anita Comella, assistant dean of co-curricular physical activity at U of T; Cary Kaplan, president of Cosmos Sports; and Toronto Rush CEO Jim Lloyd. DANIEL GIRARD/TORSTAR NEWS SERVICE

Prom blues for Earl Haig Secondary School students

Dance fever. An unusually large graduating class drives demand for tickets through the roof

There are two things Anastasia Nikiforoda sees whenever she dreams of going to her Grade 12 prom at Toronto's Earl Haig Secondary School: Wearing a dress she will decorate with pop-can tabs and boyfriend Erik at her side.

But Erik may be a no-go now that the school has set a limit on the number of non-Earl Haig guests allowed at the May 30 event downtown at the elegant Liberty Grand.

With a staggering 680 Grade 12 students and a strong case of dance fever growing among a student body that hasn't had a dance all year due to teacher protests, the school set aside only half as many guest tickets this year to give Earl Haig students first dibs. The Liberty Grand has room for about 600.

The new cap on outsiders has sparked tears and angst in the halls among Grade 12 students whose dates don't attend the school, and sparked a testy 6 a.m. line-up Monday for the prized guest forms.

The school has given Earl Haig students until May 13 to buy tickets, and if some have not been claimed, the school will release them to outsiders, said board spokesperson Ryan Bird.

Student Lauren Shenkar is higher on the waiting list — number six — so she's hoping she'll snag a ticket for her boyfriend, who goes to an alternative school downtown that doesn't hold proms.

"But this new rule has made something that's supposed to be so happy for us, really complicated," said Lauren, 17, "and it's caused a lot of stress and people crying. But I do think the school is going to fix it."

TORSTAR NEWS SERVICE

Anastasia Nikiforoda is upset that there's a limit on guest tickets for Earl Haig Secondary School students' big prom this month. She has dreamed for years of going to prom with her long-term boyfriend, who doesn't go to the school. STEVE RUSSELL/TORSTAR NEWS SERVICE

Don Valley. City beaver-skinner is elusive prey

Tom Saask has been walking the hills of the Don Valley for 50 years, since the retiree was a teen, but recently he's found something new.

Skinned beavers — peeled from their pelts and left only metres off a walking path.

At first there was just two. But in the month since his initial find, he's found six more, including four on Wednesday.

City staff said there's no by-law against the practice within Toronto. The Ontario Ministry of Natural Resources says trapping is licensed and regulated on Crown land, and allowed on private land with written permission from the owner.

Neither the city nor conservation authority have been asked for permission to trap in the area.

Pelt from a skinned beaver. TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

Bike sharing

T.O.'s BIXI program faces financial woes

A new report says Toronto's bike-sharing program is having trouble covering its operating costs.

The city staff report, to be presented to the executive committee next week, says BIXI is having financial problems and suggests options on how to restructure its relationship with the city.

The report says the bike-sharing company borrowed $4.5 million from the city and as of December of last year, still owed $3.9 million. Coun. Denzil Minnan-Wong — chairman of the public works committee — says he's disappointed that the program isn't as financially successful as he thought it would be.

THE CANADIAN PRESS/CFRB

Savings worthy of a mini-vacay.

Sub-compact vehicle
$19.95/weekend days*

Explore Toronto or plan a weekend getaway. Rent for 2 days or more and enjoy big savings when you use BCD # D601800.

Visit budget.ca or call 1 800 268-8900

Budget®

*Terms & conditions: Rate available for rentals from April 18, 2013 through June 30, 2013 at participating Toronto AIRPORT and Off-AIRPORT locations. Rate applies to sub-compact vehicle only (group A). Weekend rentals require Thursday noon to Friday pick-up and Monday return. Friday night over-stay is required. Minimum 2-day keep is required. Vehicles and rates are subject to availability. Holiday and other blackout periods may apply. Vehicle must be returned to rental location. Rates are non-discountable and cannot be combined with any other coupon, discounted rate or promotional offer. Rates are quoted in Canadian dollars. Renter must meet Budget age, driver and credit requirements. Minimum age is 25 but may vary by location. An additional daily surcharge may apply for renters under 25 years old. In Toronto all taxes (including Airport Concession and Air Conditioning Excise Tax, Vehicle License Recovery Fee, surcharges and optional items are additional). Fuel charges are extra. KM restrictions apply on all Specialty Vehicles. Please mention BCD#D601800 to take advantage of this offer.
©2013 Budgetcar Inc. All Rights Reserved. *Budget is a registered trademark licensed to Budgetcar Inc. for use in Canada.

SAVE $1.50 ON SIX BOTTLES

CERVEZA Sol®

Available for a limited time at select Beer Stores and LCBOs. While supplies last. Price subject to change.

buytopia.ca

UP TO 74% OFF TORONTO

FOOD & DRINK

SPRING CLEAN

$145
$39
Detailing Package
Includes: Interior vacuum, dashboard detail, side panel treatment, full exterior hand wash, wax & polish, cleaning of windows, wheels & tire dressing

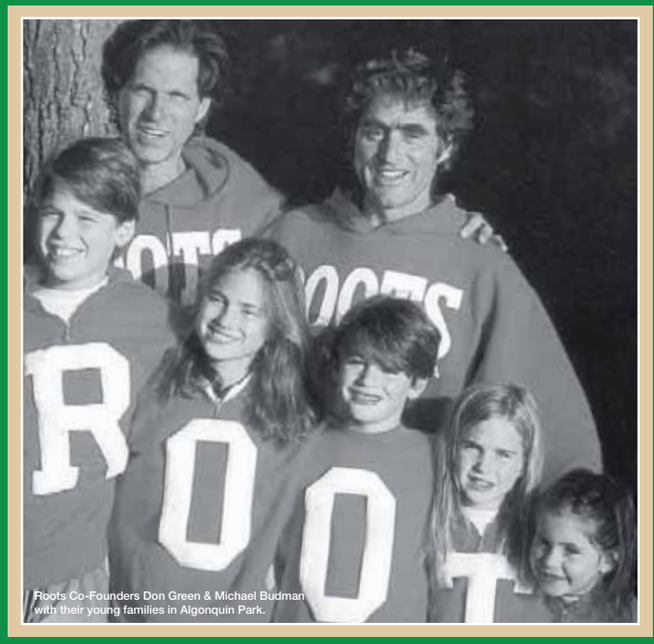
GETAWAYS

$220
$69
1-Night Niagara Getaway for 2
INCLUDES: $30 towards The Keg, $25 towards Dave and Buster's, Wine Tour & Tasting & More!
RAMADA

These deals must be purchased at www.buytopia.ca

Questions about these incredible offers? Call us toll free 1.855.442.2220

FRIENDS are FAMILY



Roots Co-Founders Don Green & Michael Budman with their young families in Algonquin Park.

25% OFF ENTIRE STORE*

JOIN US AND CELEBRATE
FOUR DAYS ONLY
THURSDAY APRIL 18TH – SUNDAY APRIL 21ST

*SOME CONDITIONS APPLY.

Roots

Shop at Roots, Roots73 and roots.com

YAHOO FINANCE CANADA

T.O. shops bullish on cupcakes despite U.S. downturn

Anything but half-baked. Local goods still go down a treat

JESSICA SMITH
jessica.smith@metronews.ca

Don't worry, the great cupcake crash of 2013 hasn't hit Canada. Prominent bakers say our cupcake industry is better structured than its U.S. counterpart and will withstand the 'cupcake crisis' going on south of the border.

"Forget gold, the gourmet-cupcake market is crashing," The Wall Street Journal (WSJ) declared Wednesday, in an article that chronicled the rise and fall of the Crumbs Bake Shop Inc. stock price.

At the peak of the U.S. cupcake boom in mid-2011, Crumbs traded at $13 a share, the Journal reported. With 67 cupcake shops, Crumbs locations have nearly doubled in the last two years. As of Wednesday, it was $1.70 after a precipitous drop of 34 per cent on Friday, in the wake of Crumbs' announcement of falling sales.

The analysts weighed in. The problems are not confined to Crumbs, but reflect sector-wide decline.

"The novelty has worn off," Kevin Burke, managing partner of investment banking firm Trinity Capital LLC, told WSJ.

"It's a short-term trend and we're starting to see a real saturation," Darren Tristano, executive vice-president at Technomic Inc., a Chicago research and consulting firm that specializes in the food industry, told WSJ. "Demand is flat. And quite frankly, people can bake cupcakes."

None of that fazes cupcake baker and owner of Toronto's Dlish shop, Verge Manuel.

"I think the U.S. market is different than what you see in Canada," he said. "They're suffering from over-saturation — chain upon chain, selling franchises to anyone who can put up the money."

Taking a fresh approach

"You have to ask yourself, do you want to become the McDonald's of cupcakes? Our philosophy is freshly baked on-site cupcakes."

Verge Manuel, Dlish owner

Business is booming for Dlish, which recently opened up a second location in Toronto's tony Yorkville neighbourhood, to complement its Queen West flagship cupcake shop. Manuel plans to open up a third location by the end of 2013.

Despite getting many offers from people wanting to buy a Dlish franchise, Manuel has resisted that fast money to keep quality high by making sure any Dlish cupcake shop remains under his control.

"You have to ask yourself, do you want to become the McDonald's of cupcakes?" he said. "Our philosophy is freshly baked on-site cupcakes."

While Crumbs is seeking to expand to suburban malls, Canadian gourmet cupcake shops have been generally confined to upscale and gentrifying neighbourhoods, so the idea that cupcakes in general will go down-market when chains expand into malls is a real concern, he said.

Jean Blacklock, owner of Prairie Girl Bakery, is planning to open her third shop this week. She already has a store in Toronto's First Canadian Place and said malls are now attracting high-end retailers, and gourmet cupcakes belong there.

Blacklock is very familiar with Crumbs and believes the company's stock price is only a reflection of the expenses related to its expansion — not a comment on the cupcake industry as a whole.

"I don't think cupcakes ever were a trend," she said. "They're individual-sized cakes with icing that kids love because they get to pick their own and adults like because they can choose their preferred flavour and size. The combination of cake and icing has been around for decades and will be around for decades to come."

Canadian puts the icing on trailing Crumbs

Financial help and faith for shaky Crumbs Bake Shop Inc. has come from Canada. WSJ reported that the company signed a term sheet to sell $10 million in convertible promissory notes to a company controlled by the family of Michael Serruya, a Canadian and the co-founder of Yogen Fruz.

Mayor's camera crash now a laughing matter

Mayor Rob Ford's face-to-camera crash is making a splash on late-night television.

A video of the mayor walking head-first into a City News cameraman aired on Jimmy Kimmel Live Tuesday night, and the American funnyman didn't hold back.

"Let's look at that again in slow-motion," Kimmel said, to the audience's laughter.

At an anti-graffiti event Wednesday, Ford said he hadn't seen the Kimmel video but planned to.

"I can laugh at it now, but it wasn't funny at the time," the mayor said.

The clip, which has since been shared by the Daily Mail and Deadspin, shows Ford walking down a hallway surrounded by press with his eyes glued to the floor. As he rounds a corner, Ford walks into the protruding lens.

"Ah f— man. Holy Christ," he says, grabbing his eye. "Holy — guys, have some respect. You just hit me in the face with a camera."

"It's all right, he has free health care, it'll be fine," Kimmel ribbed.

The TV host also pointed out a security guard who had been walking in step with the mayor.

"Look at the guy behind him smiling. I have a feeling that gentleman is soon to be unemployed."

It wasn't Kimmel's first comedic stab at the mayor. In a visit to Toronto in 2011, he took aim at Ford's stance on bikes.

"Hey, maybe (Rob Ford) wants everyone to drive big cars because that's probably the only kind of vehicle he can fit in," he joked.

TORSTAR NEWS SERVICE

Quoted

"Look at the guy behind him smiling. I have a feeling that gentleman is soon to be unemployed."

Jimmy Kimmel

On the web

Go to metronews.ca to view the video.

A screen grab of Mayor Rob Ford bumping into a camera. METRO

The BMO
Shrink your mortgage
One Day Event.

Saturday, April 20th only.

Join thousands of Canadians who are saving thousands on their mortgage with our 5-year fixed low-rate mortgage.

Come into a branch this Saturday, or visit **bmo.com/mortgageevent** to book an appointment right now.

/BMOcommunity @BMO

BMO Bank of Montreal
Making money make sense®

Applications are subject to meeting Bank of Montreal's usual credit criteria. Some conditions may apply. ®Registered trade-marks of Bank of Montreal.

A fire hydrant on Elm Street.
VINCE TALOTTA/TORSTAR NEWS SERVICE

Snitch line to nab water thieves

There's something in the water in Durham Region that appears to be prompting thieves to steal it by the thousands of litres from fire hydrants across the region.

Durham issued a plea on Wednesday for residents to report the hydrant heists that are draining the public purse and prompting a wave of concern about public safety.

Trucking companies and private citizens are wrenching open the hydrants and ducking large hydro bills by hooking up industrial hoses and pilfering a large volume of water, said Jim Cunningham, with Durham's environmental-services division.

The stolen water is used for everything from watering new sod, to washing parking lots, to refilling private swimming pools.

Durham is asking citizens to snitch when they see a theft in progress, or better yet, snap a photo catching the thieves wet-handed.

"We've had calls in the middle of the night and the middle of the afternoon," said Cunningham, of citizens reporting through a regional hotline.

Toronto spokesperson Ellen Leesti said the city faces similar theft issues and has by-laws regulating hydrant use.

TORSTAR NEWS SERVICE

In its 14th year

Buskerfest moves to Yonge Street

Epilepsy Toronto has announced that it is moving the location of Scotiabank BuskerFest to downtown Yonge Street this year.

Toronto's international busker festival, a showcase for remarkable street performers over four days and nights attended by more than a million people in 2012, will now entertain audiences in its new location, up and down Yonge Street from Queen to Gerrard and surrounding areas.

"After 10 successful years in the St. Lawrence Market neighbourhood, which we filled to capacity, we are excited by the potential of our new location," said Geoff Bobb, Executive Director of Epilepsy Toronto. METRO

Man arrested, accused of mailing poison to president

United States on edge. Media overwhelmed with flood of news on letters, Boston bombings

America's frayed nerves found little relief on Wednesday as news emerged of a poison-laced letter addressed to U.S. President Barack Obama, while investigators endeavoured to close in on a suspect in the Boston Marathon bombings.

Federal agents arrested Paul Kevin Curtis, 45, in Tupelo, Miss., in connection with letters sent to Obama and a Republican senator from Mississippi. They tested positive for deadly ricin in preliminary analyses.

Earlier in the day, officials said they doubted the letters were linked to the bombings at the Boston Marathon.

From the letters

"To see a wrong and not expose it, is to become a silent partner to its continuance."

A passage from the letters sent to two U.S. politicians, signed "KC, and I approve this message."

The letters were intercepted at off-site mail facilities and were undergoing additional testing to verify the results.

With Americans anxious for a break in the bombing case, information was being leaked to the media at a furious speed.

At one point mid-afternoon, The Associated Press cited an anonymous law enforcement official as saying an arrest was imminent. Other officials shot down that report.

CNN went further, saying an arrest had been made. Several news outlets said investigators had identified a suspect from a surveillance video.

CBS News, meanwhile, reported that the bomber was on the phone when he dropped off a second bomb-filled backpack. The network reported cell-phone records resulted in the suspect's identification.

Investigators comb the scene of one of the blast sites at the Boston Marathon. JULIO CORTEZ/THE ASSOCIATED PRESS

But NBC reported police had a face, not a name, of someone dropping off a black bag, based on the surveillance video.

THE CANADIAN PRESS

Misinformation

Leaks rattle authorities

The FBI and the U.S. attorney's office in Boston were reportedly startled by the flood of media leaks. The FBI released a statement disputing some stories, but didn't specifically say which ones except those describing an arrest in the bombing case.

"There have been a number of press reports based on information ... that has been inaccurate," the FBI said. "Since these stories often have unintended consequences, we ask the media ... to exercise caution and attempt to verify information."

Omega-3 Fatty Acids

Getting to the heart of the matter

Every 7 minutes someone dies from heart disease or stroke in Canada. Did you know that silent inflammation in the body is a major contributor to cardiovascular disease? It's true! The key to stopping silent inflammation and improving heart health is omega-3 fatty acids from fish oil.

Norwegian Gold Critical Omega
The ideal choice for someone who wants to maintain their good health.

Norwegian Gold Super Critical Omega
The ideal choice for individuals with cardiovascular issues or those concerned about optimal heart health.

Norwegian Gold Ultra EPA
The ideal choice for anyone with an inflammatory condition or wanting to lower triglycerides.

Norwegian Gold fish oil is designed with heart health in mind. Use this chart to determine which Norwegian Gold fish oil is right for you.

WHICH FISH OIL IS RIGHT FOR YOU?

A	B	C
Choose **Norwegian Gold Critical Omega** if you checked YES to **all** of the following conditions:	Choose **Norwegian Gold Super Critical Omega** if you checked YES to **any** of the following conditions:	Choose **Norwegian Gold Ultra EPA** if you checked YES to **any** of the conditions in column B plus **any** conditions below:
Normal Cholesterol Levels ☐	Elevated Cholesterol ☐	Chronic Skin Conditions ☐
Normal Blood Pressure ☐	High Blood Pressure ☐	Arthritis ☐
Normal Blood Sugar Levels ☐	High Blood Sugar ☐	Autoimmune Disorder ☐
Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
	Circulatory Issues ☐	Chronic Prostatitis ☐
		Inflammatory Bowel Disease ☐
		Asthma ☐
		Pelvic Inflammatory Disease ☐

Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3

facebook.com/renewlifecanada
twitter.com/renewlifecanada

RECEIVE $3.00 OFF
your next purchase of any Norwegian Gold Fish Oil*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase. Coupon expires May 31st, 2013.

GMC

HUGE 5-DAY SALE

FROM APRIL 18-22♦♦♦ GET DISCOUNTS UP TO

$10,000♦♦

5 DAYS ONLY

2013 GMC TERRAIN SLE

CASH PRICE NOW

$29,138*

INCLUDES FREIGHT, PDI, LEVIES & $750 IN DISCOUNTS**

PLUS∞ $500 GAS CARD

5 DAYS ONLY

2013 GMC SIERRA CREW CAB KODIAK EDITION

$10,000 IN DISCOUNTS**

PLUS

$1,200 KODIAK EDITION CREDITS¥¥

PLUS

$1,000 NO-CHARGE CHROME PACKAGE¥

5 DAYS ONLY

2013 GMC ACADIA SLE

CASH PRICE NOW

$34,998*

INCLUDES FREIGHT, PDI, LEVIES & $1,750 IN DISCOUNTS**

PLUS∞ $500 GAS CARD

DENALI††

SLT††

SLT CREW CAB WITH CHROME ACCESSORIES††

TO GUARANTEE OUR QUALITY, WE BACK IT 160,000-KM/5-YEAR POWERTRAIN WARRANTY

Whichever comes first. See dealer for limited warranty details.

GMC

HURRY, THESE OFFERS ABSOLUTELY END APRIL 22.

Visit us at:
BUYGMC.CA

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for dealer fees.***

For the latest information, visit us at gmc.gm.ca, drop by your local Buick GMC Dealer or call us at 1-800-GM-DRIVE. *Offer applies to the cash purchase of 2013 GMC (Terrain SLE FWD G-BBP0/Acadia SLE FWD G-BBP2). ♦♦$10,000/$750/$750 is a manufacturer to dealer delivery credit (tax exclusive) for 2013 GMC Sierra 1500 Crew Cab/2013 GMC Terrain/2013 GMC Acadia and is reflected in offers in this advertisement. Such credit is available only for cash purchase and by selecting lease or finance offers, consumers are foregoing such credit which will result in higher effective interest rates. Other cash credits available on most models. See dealer for details. */♦♦Freight & PDI ($1,550/$1,600/$1,550), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2013 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Buick GMC Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. ††2013 GMC Terrain Denali FWD, MSRP with freight, PDI & levies $41,629. 2013 Sierra 1500 Crew Cab SLT 4WD with PDJ, MSRP with freight, PDI & levies $45,914. 2013 GMC Acadia SLT FWD, MSRP with freight, PDI & levies $45,444. Dealers are free to set individual prices. ∞Valid at participating GM dealerships in Canada only. Offer of one $500 value (including applicable taxes) Petro-Canada™ gas card available to retail customers on the purchase, lease or finance of a new 2013 Chevrolet, Buick, GMC and Cadillac car, crossover or utility vehicle delivered between March 1, 2013 to April 30, 2013 and payment of an additional $0.01. Offer excludes Chevrolet and GMC pickup trucks. See your participating GM dealer for details. Cards valid as of 72 hours after delivery. GMCL is not responsible for lost, stolen or damaged cards. Gas card is issued by Suncor Energy Products Partnership and is subject to the terms and conditions of the Suncor Energy Products Partnership Gift Card Agreement. Cards valid only at participating Petro-Canada retail locations (and other approved locations) and not redeemable for cash. GMCL may modify, extend or terminate this Offer for any reason in whole or in part at any time without notice. Petro-Canada is a Suncor Energy business. ™ Trademark of Suncor Energy Inc. used under licence. ¥Chrome Accessories Package offer available on light duty 2013 GMC Sierra Ext. & Crew Cab truck equipped with the PDJ chrome accessories package ("PDJ Package"). Dealer order or trade may be required. Offer available to retail customers in Canada for vehicles delivered between March 1, 2013 and April 30, 2013. The offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. Conditions and limitation apply. See dealer or chevrolet.ca for details. ¥¥Kodiak package (PDT) includes R7M credit valued at $1,200 MSRP. ♦♦♦Offer available to retail customers in Canada only between April 18th, 2013 and April 22nd, 2013. Applies to new 2013 Chevrolet, Buick, GMC and Cadillac vehicles delivered between April 18, 2013 and April 22, 2013, excluding Chevrolet Express and GMC Savana. Price includes freight and PDI but excludes license, insurance, registration, fees associated with filing at movable property registry/PPSA fees, duties, marketing fees and taxes. Dealer may sell for less. Dealer trade may be required. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details.

Think or act? Trudeau, Harper spar over bombing

Terrorist attacks like the one at the Boston Marathon should prompt manhunts, not soul searching, Prime Minister Stephen Harper said Wednesday in a thinly veiled jab at his new Liberal rival.

"When you see this type of violent act, you do not sit around trying to rationalize it or make excuses for it or figure out its root causes," he said.

"You condemn it ... and to the extent you can deal with the perpetrators, you deal with them as harshly as possible."

Harper's comments appeared to be a direct rebuttal to a CBC interview with Justin Trudeau.

"We have to look at the root causes," Trudeau said. "There is no question that this happened because there is someone who feels completely excluded. Completely at war with innocents. At war with a society. And our approach has to be, where do those tensions come from?" THE CANADIAN PRESS

Bombing vs. drones

Iran calls outrage a double standard

Ayatollah Ali Khamenei, Iran's top leader, on Wednesday condemned the bombing attack in Boston, but chided the U.S. for employing a double standard when it comes to drone attacks that kill innocent civilians. THE ASSOCIATED PRESS

United Kingdom

TV channel pulls terrorist satire

A British TV channel is pulling a comedy about a group of hapless terrorists planning to attack the London Marathon from its schedule in the wake of the Boston bombings. Film4 was planning to air the movie Four Lions next Monday. THE ASSOCIATED PRESS

Cheery and bright student snuffed out in her prime

Lu Lingzi, a Boston University grad student and the third victim of the marathon explosions. FACEBOOK

Marathon bombings. Fellow grad students struggling to process the death of Lu Lingzi

Less than 24 hours before she died, Lu Lingzi sent an exuberant email to a professor after learning she had passed part of a major final exam.

"I am so happy to get this result!" she wrote. "Thank you very much."

Lu, 23, was killed Monday during the Boston Marathon explosions, according to a statement from Boston University (BU). She was a graduate student studying mathematics and statistics and was scheduled to receive her degree in 2015.

Lu was at the race with two friends from BU. One, Danling Zhou, was injured, had surgeries Monday and Tuesday and is in stable condition at Boston Medical Center, the school said in a statement.

On Monday morning, Lu put the finishing touches on a group research project she was planning to present at a statistics conference.

She also posted a photo of the "wonderful breakfast" she ate the morning she died.

Lu was a vivacious chatterbox who had lots of friends on campus, said Tasso Kaper, chair of the math and statistics department.

"The word bubbly — that's kind of a corny word — but that describes her very well," Kaper said.

She was described as an exceptional student and bright young scientist at Boston University, where she had been enrolled for about a year. THE ASSOCIATED PRESS

Mourning in China

"I saw her grow up ... but a loud bang has changed everything."

Zhang Xinbo, Lu's former neighbour in Shenyang, in a blog post

Interac, the Interac logo, Interac Flash, "Pay in a Flash", the armoured truck design are trade-marks of Interac Inc. Used under license. The Contactless Indicator is a trade-mark of EMV Co. LLC. Used under license. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ® Registered trademarks of the Bank of Nova Scotia. The TD Logo is a registered trade-mark of The Toronto-Dominion Bank.

THE HOME DEPOT®

More saving.
More doing.®

▶ Valid Thursday, April 18 to Sunday, April 21, 2013, unless otherwise noted.

EXTENDED UNTIL SUNDAY, APRIL 21, 2013

SAVE $5 INSTANTLY‡

ON **ALL** BEHR PREMIUM PLUS ULTRA® INTERIOR 3.78L PAINT CANS

‡Off our regular prices. Discount taken at the register. Offer valid on any 3.78L cans of BEHR PREMIUM PLUS ULTRA® interior paint. See below for details.

SPECIAL BUY
SAVE $7
$12.98 WAS $19.98
SCOTTS® Turf Builder® EZ Seed™ • 1.7kg (1000666185)
While quantities last.

SPECIAL BUY
$4.97
62L Storage Tote (1000777273)
While quantities last.

SPECIAL BUY
$119
Power Drive 1/2 HP Chain Drive (1000756162)
While quantities last.

DIG IN & SAVE event

SPECIAL BUY
$78
ACOUSTIC RESEARCH Wireless Outdoor Speaker (1000732269) **While quantities last.**

SPECIAL BUY
SAVE 36%
4 for $5 WAS $1.98 each
Gardening Top Soil
• 25L (1000430133) **While quantities last.**
LIMIT 12 BAGS PER CUSTOMER

SPECIAL BUY
Your Choice
$5.97 each

A. **43L Round Rattan Flexitub** • Brown (1000774535)
B. **43L Square Rattan Flexitub** • Taupe (1000774357) Contents shown not included.
While quantities last.

▶ **FREE** Lock-In Bucket ($9.96 value)

SPECIAL BUY
$23.87
5-Shelf Resin Storage Unit (1000677506)
Contents shown not included.
While quantities last.

SPECIAL BUY
$88
6-Piece Sling Folding Dining Set (1000753480)
While quantities last.

SPECIAL BUY
SAVE $30
$38 WAS $68
WERNER® 6' Fibreglass Stepladder (1000719310) **While quantities last.**

PLUS

CHOOSE AN OFFER

10% OFF* OR **NO INTEREST IF PAID IN FULL WITHIN 18 MONTHS****

*On single receipt in-store purchases of $450 or more (before taxes^) when you use your new or existing Home Depot® Consumer Credit Card.<† Valid to Wednesday, April 24, 2013. Payments required. No annual fees. Maximum discount on the 10% off offer is $300 (before taxes), and certain restrictions and exclusions apply^ to the 10% off offer. Important terms and conditions apply to both offers. See below for details.

Prices valid Thursday, April 18 to Sunday, April 21, 2013 unless otherwise indicated. '**Offer valid at The Home Depot Canada.** Not valid in combination with any other offer. Some exceptions may apply. Selection varies by store and quantities are limited. Offer valid to Canadian residents only. No substitutions or rain checks. See Store Associate or Special Services Desk for details or visit homedepot.ca.

Choose an Offer: 10% Off* on single receipt in-store purchases of $450 or more (before taxes) when you use your new or existing Home Depot® Consumer Credit Card.<† Valid to Wednesday, April 24, 2013. Payments required. No annual fees. Maximum discount on the 10% off offer is $300 (before taxes), and certain restrictions and exclusions apply^ to the 10% off offer.

^This offer is valid on Special Orders, excluding Special Order Wire. This offer is not valid on The Home Depot® gift cards or certificates, Installation Services, delivery charges, warranties, any other discounts or prior purchases, and cannot be combined with any other offer, promotion or special incentive program.

<Interest will not be charged on the amount of this Purchase to which a Regular Financing Plan applies that appears on an Account Statement for the first time and is paid in full before the expiry of the 25 day grace period provided that all other Debt to which any Regular Financing Plan applies is also paid in full by that payment due date. However, if that Purchase and Debt is not paid in accordance with the foregoing, interest will be charged at an Interest Rate of 28.8% per annum in accordance with the Consumer Cardholder Agreement. †On approved credit. Financing provided by Home Depot Credit Services, a unit of Citi Cards Canada Inc. This offer is valid at The Home Depot Canada locations outside of the Province of Quebec. Offer not available to Quebec residents. No Interest if paid in full within 18 Months** on single receipt in-store purchases of $450 or more (before taxes) when you use your new or existing Home Depot® Consumer Credit Card.' Valid to Wednesday, April 24, 2013. Payments required. No annual fees. **Interest accrues from the purchase transaction date and will be waived if each minimum monthly payment required during the promotional period is paid in full by its payment due date and the purchase price is paid in full by the plan expiration date. If not, interest will be charged at an Interest Rate of 28.8% per annum in accordance with the Consumer Cardholder Agreement. †On approved credit. Financing provided by Home Depot Credit Services, a unit of Citi Cards Canada Inc. This offer is valid at The Home Depot Canada locations outside of the Province of Quebec. Offer not available to Quebec residents. ©2013, HOMER TLC, Inc. All rights reserved. ® Registered trademark of Homer TLC, Inc. Used under license.

©2013 HOMER TLC, INC. • 4/13

Iron Lady laid to rest in a grand funeral

Margaret Thatcher. Some camped in a field to be there; mourners included the Queen and reps from 170 countries

Margaret Thatcher was laid to rest Wednesday with prayers and ceremony, plus cheers and occasional jeers, as Britain paused to remember a leader who transformed the country — for the better according to many, but in some eyes for the worse.

A sombre crowd lined the normally buzzing streets around parliament, contained behind temporary fences and police lines, waiting to catch a glimpse of Thatcher's coffin. The coffin was put on a gun carriage for the road to St. Paul's Cathedral.

Soaring hymns, biblical verse echoed under the dome of St. Paul's as 2,300 relatives, friends, colleagues and dignitaries attended the ceremonial funeral. Bishop of London Richard Chartres spoke of the strong feelings Thatcher still evokes.

KIERON MONKS/ METRO WORLD NEWS WITH FILES FROM THE ASSOCIATED PRESS

Still a lightning rod after all these years

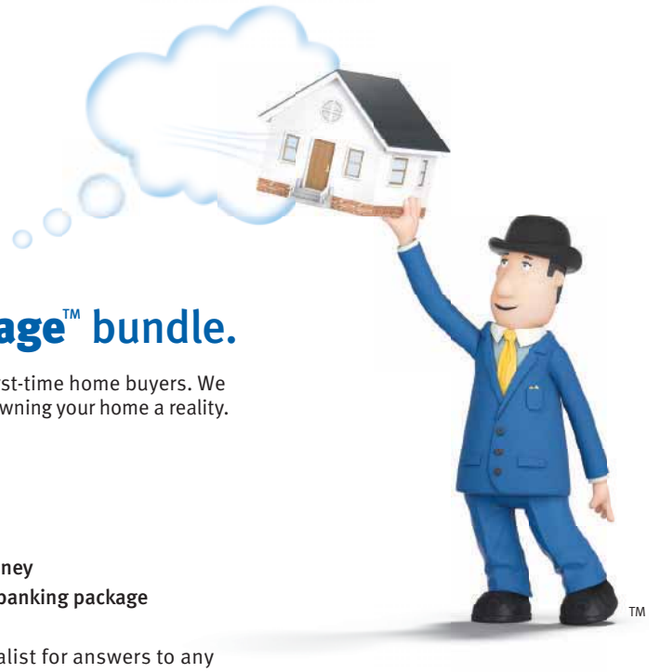
Margaret Thatcher — the 'Iron Lady' — brought major change to Britain during her 11-year tenure from 1979 to 1990, privatizing state industries, deregulating the economy, and causing upheaval whose impact is still felt. She died April 8 at the age of 87.

- Her funeral's $15 million cost proved controversial, and a small anti-Thatcher group turned their backs on the carriage. Others countered with flowers.

Mourners react as Margaret Thatcher's coffin passes.
CARL COURT/THE ASSOCIATED PRESS

RBC Royal Bank

Make buying your first home a reality.



Introducing our
Yes I Can Mortgage™ bundle.

RBC Royal Bank® is committed to first-time home buyers. We have everything you need to make owning your home a reality.

- ✔ Low mortgage rates
- ✔ $500 Housewarming gift[1]
- ✔ 120-day rate guarantee[2]
- ✔ Flexible payment options
- ✔ Advice and tools to save you money
- ✔ Fees waived on an all-inclusive banking package for up to 6 months[3]

Speak to an RBC® mortgage specialist for answers to any questions you have along the way.

Visit rbc.com/yesican today for details.

Advice you can bank on™

Personal lending products are provided by Royal Bank of Canada and are subject to its standard lending criteria. 1 Offer only available to First-Time Home Buyers who obtain a 4, 5 or 7 year fixed interest rate closed residential mortgage with Royal Bank of Canada ("RBC Royal Bank") or on one RBC Homeline Plan® mortgage segment. Some conditions on interest rate may apply. To qualify for this offer, clients must have or open a mortgage payment account with RBC Royal Bank. The $500 will be deposited to this account. To be eligible: (i) the mortgage application date must be on or after March 25, 2013 and mortgage funds must be fully advanced within 120 days from application date; (ii) the mortgage or mortgage segment must be for a minimum principal amount of $100,000. This offer is available for new builder single advance mortgages that close within 120 days from the application date. All other construction draw/builder mortgages and amendments to an existing mortgage, including port/assumption transactions, an advance of additional funds or a renewal are excluded. Offer may be withdrawn or amended without notice at any time. Not available in combination with any other offer or rate discount. Other terms and conditions may apply. 2 Terms and conditions apply. 3 You will receive a 3 month fee waiver for the RBC VIP Banking® Account or a 6 month fee waiver for a RBC Signature No Limit Banking® Account. Other transaction fees may apply. Existing RBC VIP Banking, RBC Signature No Limit Banking, RBC No Limit Banking® or RBC Day to Day Banking® account holders are not eligible for this offer. Eligibility requirements for this offer include that the RBC mortgage payments must come from the new RBC bank account and where applicable, the client must enroll in direct deposit of their payroll or pension to the new RBC account. The fee waiver will begin within one month of account opening depending on statement cycle. Once the promotional period has expired, the regular monthly fee of $14.95 will apply for the RBC Signature No Limit Banking® Account and $30.00 for the RBC VIP Banking® Account and will appear on the monthly statement. Offer may be changed or withdrawn at any time; Other conditions and restrictions apply. For full product details, go to: http://www.rbcroyalbank.com/products/deposits/signature-no-limit-banking.html. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

China

Deaths of 530 pigs and dogs investigated

Hundreds more pigs have been found dead in China — this time together with dozens of dogs.

A total of 410 pigs and 122 dogs were discovered earlier this week in central Henan province. It's suspected the deaths had to do with chemical factories which have been ordered to suspend production.

THE ASSOCIATED PRESS

'Name and shame'

Syria's army accused of sexual war crimes

The UN Security Council on Wednesday heard accusations that Syria's army, intelligence agency and a pro-government militia are sexual war criminals for rape and assaults on women and children, along with the al-Qaida movement in Mali.

The "name and shame" tally was in a UN report.

THE ASSOCIATED PRESS

Quake's painful aftermath

A Pakistani nurse treats an injured girl evacuated from an earthquake affected area, Wednesday, at a military hospital in Quetta, Pakistan. The country evacuated 16 seriously injured people after 36 were killed and thousands of Pakistanis left homeless following this week's quake. INTERSERVICES PUBLIC RELATIONS/THE ASSOCIATED PRESS

ROGERS™
authorized dealer

AJAX
Baywood Centre
15 Westney Rd. N
AURORA
15483 Yonge St., Unit 2B
14785 Yonge St.
14879 Yonge St.
91 First Commerce Dr., Unit 5
BOLTON
12612 Hwy. 50, Unit 15
BRAMPTON
30 Victoria Cres.
4520 Ebenezer Rd., Unit 6
253 Queen St. E, Unit 3
105 Kennedy Rd. S
499 Raylawson Blvd.
14 Lisa St., Unit C1
499 Main St. S., Unit 58
1088 McLaughlin Rd.
9980 Airport Rd., Unit 11
25 Peel Centre Dr., Unit 505A
25 Peel Centre Dr., Unit 742K
10025 Hurontario St., Unit 118
BROOKLIN
5969 Baldwin St. S, Unit 7
COBOURG
975 Elgin St. W, Unit 8
ETOBICOKE
22 Dixon Rd.
6620 Finch Ave. W, Unit 4
25 The West Mall, Unit 1963
3015 Bloor St. W
1735 Kipling Ave.
250 The East Mall, Kiosk #316
500 Rexdale Blvd., Unit H3B
1530 Albion Rd.
GEORGETOWN
Georgetown Market Place
MAPLE
2943 Major Mackenzie Dr., Unit 4
MARKHAM
3636 Steeles Ave. E, Unit 101
9570 McCowan Rd., Unit 4
505 Hood Rd., Unit 12
7780 Woodbine Ave., Unit 3
4300 Steeles Ave. E, Unit E32
4300 Steeles Ave. E, Unit E67
8901 Woodbine Ave., Suite 218
3255 Hwy. 7 E, Unit E98
9275 Hwy. 48, Unit 11
5000 Hwy. 7 E, Unit 412
7690 Markham Rd., Unit 1C
MISSISSAUGA
Meadowvale Town Centre
Square One
Dixie Outlet Mall
153 Lakeshore Rd. E
6325 Dixie Rd., Unit 1
3105 Dundas St. W, Unit 102
7955 Financial Dr., Unit B
808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
7205 Goreway Dr.
1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Taunton Rd. E
1053 Simcoe St. N, Unit 4B
2150 Burnhamthorpe Rd. W
60 Bristol Rd. E
920 Southdown Rd., BLD H, Unit 7
5100 Erin Mills Parkway, Unit V205
4141 Dixie Rd.
1250 Eglinton Ave. W, Unit A16
NEWMARKET
16715 Yonge St.
1065 Davis Dr.
18075 Yonge St.
17600 Yonge St., Unit EE22
NORTH YORK
Sheridan Mall
1700 Wilson Ave., Unit 72
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
4905 Yonge St.
5815 Yonge St.
3111 Dufferin St.
3040 Don Mills Rd., Unit 178
Leslie Center
OAKVILLE
1027 Speers Rd., Unit 22
478 Dundas St. W, Unit 7
1500 Upper Middle Rd., Unit 2
240 Leighland Ave.
OSHAWA
Taunton Marketplace Plaza
1053 Simcoe St. N, Unit 4B
285 Taunton Rd., Unit 20
419 King St. W, Unit 2272
PICKERING
Pickering Power Centre
Pickering Town Centre
611 Kingston Rd.
RICHMOND HILL
9196 Yonge St.
1480 Major Mackenzie Dr. E
10 West Pearce St., Bldg. B
Hillcrest Mall
9350 Yonge St.
10720 Yonge St.
Times Square Mall
1070 Major Mackenzie Rd. E
SCARBOROUGH
Woodside Square
1571 Sandhurst Circle, Unit 502K
5095 Sheppard Ave. E
1800 Sheppard Ave. E
Cedarbrae Mall
1900 Eglinton Ave. E
3300 McNicoll Ave.
1291 Kennedy Rd.
2555 Victoria Park Ave.
411 Kennedy Rd.
3495 Lawrence Ave.
1448 Lawrence Ave. E
5661 Steeles Ave. E, Unit 5
19 Milliken Blvd., Unit U
2490 Gerrard St. E
38 Ellesmere Rd.
300 Borough Dr., Unit 49
THORNHILL
31 Disera Dr., Unit 140
Promenade Mall
Shops on Steeles
6236 Yonge St.
9200 Bathurst St., Unit 26
TORONTO
421 Dundas St. W, Unit G8
282 Queen's Quay W
1015 Lakeshore Blvd. E
1821 Queen St. E
275 College St.
604 Bloor St. W
1348 St. Clair Ave. W
1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
919 Bay St.
525 University Ave.
45 Overlea Blvd.
Oriental Centre Mall
1448 Lawrence Ave. E
10 Clock Tower Rd., Unit B1A
1118 Finch Ave. W, Unit 1
6236 Yonge St.
3850 Sheppard Ave.
280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W., Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit 2010
220 Yonge St., Unit H014
112-10 Dundas St. E
2901 Bayview Ave., Unit 128A
329 Parliament St.
200 Bay St., Unit UC – 132B
2248 Bloor St. W
330 Bay St.
4980 Yonge St.
1080 Yonge St.
1 Blue Jays Way, Suite 1200
UXBRIDGE
11 Brock St. W
WHITBY
25 Thickson Rd. N
5969 Baldwin St. S
1549 Dundas St. E
3490 North Brock St.
WOODBRIDGE
200 Whitmore Rd.

SWITCH TODAY! OFFER ENDS APRIL 30TH

Once upon a time (a very limited time), people discovered they'd get a **Free Kindle e-Reader** just for getting a new phone. Everyone read happily ever after. The end.

$199 MSRP VALUE

FOR A LIMITED TIME ACTIVATE A NEW SMARTPHONE ON SELECT 3-YR. PLANS
AND GET A **FREE KINDLE PAPERWHITE E-READER***

ALREADY A ROGERS CUSTOMER? FIND OUT HOW THIS OFFER WORKS FOR YOU.

CALL 1 866 502-6982 | CLICK ROGERS.COM/KINDLEOFFER | VISIT YOUR LOCAL ROGERS RETAIL STORE

SMARTPHONE FREEDOM ADVANTAGE

PLAN FLEXIBILITY | UPGRADE ANYTIME
ROGERS TECHXPERT™ **| DEVICE PROTECTION**

ROGERS™

*Offer only available from participating Rogers locations until the end of April 30, 2013 or while quantities last to new and existing customers who purchase a new smartphone and activate a new line on an eligible 3-yr. talk, text and internet plan (single line with min. $55 monthly service fee or add a line to any family plan with min. $110 monthly service fee for first two lines). Customers must also complete online submission form at rogerspromotions.com/kindle by May 30, 2013. Allow 4-6 weeks from online submission for delivery. Device Savings Recovery Fee, Service Deactivation Fee and/or Early Cancellation Fees (as applicable) will apply. Customers who cancel eligible line(s) within 15 days of activation in accordance with terms of Rogers Wireless Service Agreement rendering such customer no longer eligible will not be shipped the Kindle. Offer subject to change without notice, not redeemable for cash and may not be combined with any other offer or discount. Limit one Kindle per new line. See rogerspromotions.com/kindle for full terms and conditions. Visit rogers.com/freedomadvantage for full terms and conditions on Rogers Smartphone Freedom Advantage program. Kindle is a trademark of Amazon.com, Inc. or its affiliates. Kindle devices are given away on behalf of Rogers Communications. Amazon is not a sponsor of this promotion. ©2013 Rogers Communications.

Harbourfront centre
worldstage
From Belgium/Portugal...
Still Standing You
Pieter Ampe & Guilherme Garrido/CAMPO
April 23-27
Advisory: contains full frontal nudity.
Male friendship.
Stripped down.
Photo: Phile Deprez
416-973-4000 harbourfrontcentre.com/worldstage

1 in 7 Canadians aged 14-59 may have herpes virus

Sexually transmitted infections. New study of herpes simplex type 2 virus and chlamydia finds majority don't realize they are infected

As many as one in seven Canadians aged 14 to 59 may be infected with herpes simplex type 2 virus and more than 90 per cent of them may be unaware of their status, a new study suggests.

The work provides the first Canadian prevalence estimates for herpes simplex 2 and chlamydia — another sexually transmitted infection — that are based on laboratory-confirmed results. Previous estimates were based on data collected from positive cases or screening of people considered to be at high risk of having the infections, a system that may not provide a true picture of the scale of infections.

The research was part of the analysis of urine and blood samples and data collected during the 2009-11 cycle of Statistics Canada's Canadian Health Measures Survey. The results, which are considered a representative sample of most Canadians in that age group, are based on the study of blood and urine samples taken from roughly 3,250 Canadians.

The study found that less than one per cent — 0.7 per cent to be precise — of people tested were infected with chlamydia. Participants were asked if they had ever been diagnosed with a sexually transmitted infection and none of those who tested positive for chlamydia reported having received a diagnosis of an STI.

Although it is a reportable disease, chlamydia is what's known as a silent infection. Most people have no symptoms. Antibiotics can cure the infection. Herpes simplex 2 is also often an asymptomatic infection, though it can appear as blisters and sores around the genitals, rectum or mouth.

THE CANADIAN PRESS

Most not aware

6%

Of those who tested positive for herpes simplex 2, only six per cent were aware that they carried the virus.

TORONTO's
BRIDALSHOW
APRIL 19, 20 AND 21, 2013
Direct Energy Centre, Hall D
Show Hours:
Friday: 5 PM - 10 PM
Saturday: 10 AM - 9 PM
Sunday: 10 AM - 6 PM
Fashion Show Hours:
Friday: 7:30 PM
Saturday: 2 PM & 7 PM
Sunday: 1 PM & 4 PM
Meet bachelor Brad Smith
and his fiance Bianka Kamber
$5,000 in prizes from Hudson's Bay
Bridal Gown sale by Mona Richie Boutique
Win 1 of 5 DJ Services from Veriation Music DJ
Win 1 of 5 wedding dresses from Windfall Brides
Blow Out Bridal Shoe Sale $29.95
$15 admission
www.TorontosBridalShow.com
Sponsored by La Bella Sole Tanning Lounge

PUMA
Factory Authorized
WAREHOUSE SALE
Direct from PUMA, up to 80% OFF on the BIGGEST selection of
PUMA Footwear, Bags, Cool Clothing, Hats, Awesome Outerwear, Ferrari,
Socks, Athletic & Workout wear and lots more...
Great Stuff For Men, Women, Kids & Baby
4 DAYS ONLY - Inventory Replenished Daily
Thurs April 18 - Sun April 21
The Markham Fairgrounds
10801 McCowan Road (at Elgin Mills), Markham
HOURS
Thursday & Friday 10am - 9pm
Saturday & Sunday 10am - 6pm
VISA MCard Amex Debit Cash
FREE PARKING & FREE ADMISSION
For More Event Info
StyleDemocracy.com
SAVE AN EXTRA 10% OFF THUR Apr 18
Present This Coupon on Opening Day
THURSDAY APRIL 18
To Save an EXTRA 10% OFF Sale Prices
Valid 4/18/13 only
NO cash Value - 1 Coupon per customer/transaction

A key environmental group has pulled out of an alliance with the forest industry. TORSTAR NEWS SERVICE/FILE

Conservation group drops out of alliance with forest industry

Canopy. 'Nothing to show for three years of work' on trying to protect the boreal forest, group says

A key environmental group has pulled out of a national alliance with the forest industry that was meant to protect the boreal forest while restoring the sector's international reputation for conservation.

Canopy, a conservation group instrumental in putting together the Canadian Boreal Forest Agreement in 2010, says it is quitting the alliance because there has been nothing to show for three years of work.

Canopy's Nicole Rycroft says they will instead pressure buyers. THE CANADIAN PRESS

Bowing out

"What we're seeing is, we're three years in, there are literally no results on the ground, and it's time to go."

Canopy executive director Nicole Rycroft

Cancer drugs

Diluted drug problem not confined to Ontario: Minister

Both the federal and Ontario governments say it's not clear how many companies like the one that supplied diluted cancer drugs to five hospitals in Ontario and New Brunswick are operating in Canada.

Ontario Health Minister Deb Matthews acknowledged Wednesday that she doesn't know how many companies like Marchese Hospital Solutions are operating in Ontario and mixing drugs for hospitals.

Finding that out is part of the investigation into the province's cancer drug supply that's already underway, she said. "This is not confined to Ontario," Matthews said.

"My big responsibility is to Ontario patients, that's why I'm taking this so seriously. That's why I've established this group, even though it's pretty clear that this is a national and indeed an international problem."

Health Canada said that it's aware of at least one other company like Marchese operating in Ontario. More than 1,200 cancer patients received diluted drugs. THE CANADIAN PRESS

Do you have
High Cholesterol?

LMC is looking for patients with high cholesterol to participate in a research study involving an investigational medication.

Call now, if you or someone you know is:
- Ages 18-75
- Treating high cholesterol with medication

The study length is one month and requires 7 study visits. Compensation up to $1000 will be provided for your time and effort on completion of the study.

If you or someone you know may be interested, please contact one of the Specialists at LMC Diabetes & Endocrinology.

866-701-ENDO (3636)
www.LMC.ca

LMC Making Healthy Easier
DIABETES • METABOLISM • ENDOCRINOLOGY

LEARN MORE. GET HEALTHY.
BAYVIEW OAKVILLE ETOBICOKE THORNHILL BARRIE MARKHAM BRAMPTON CALGARY MONTREAL

Advertisement

Finally A Weight Loss Plan That Works

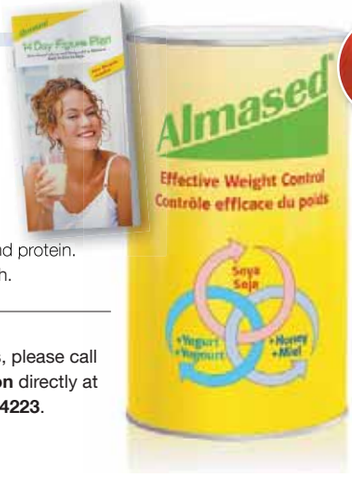
Reduce weight, inches and fat in just 14 days with Almased®

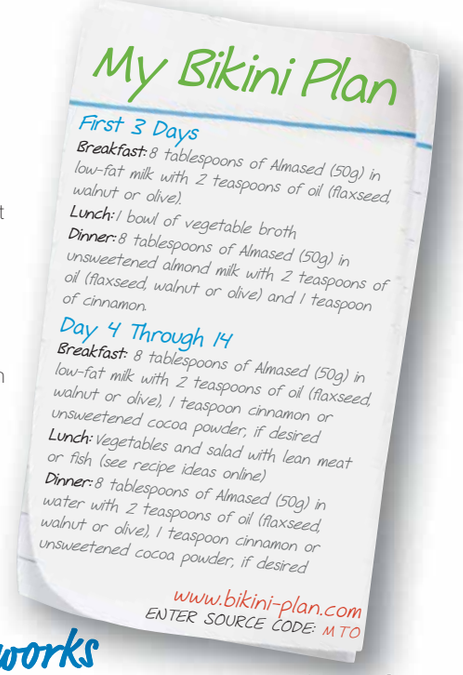
Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.




My Bikini Plan
First 3 Days
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).
Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
www.bikini-plan.com
ENTER SOURCE CODE: MTO

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MTO.

TRUE NORTH nutrition
The New Direction in Health

For retailer inquiries, please call **True North Nutrition** directly at toll free **1-800-261-4223**.

SHOPPERS DRUG MART · THE BIG CARROT · nature's source · nutrition house · Supplements plus · Nature's Counter · healthstorelocator www.healthstorelocator.com

Ex-implant magnate faces women's fury

Giant trial. More than 5,000 plaintiffs join historic fraud case

Hundreds of women gathered Wednesday in a makeshift courthouse in the south of France. They were angry and wanted justice.

The women had received breast implants said to be prone to rupture and leak.

And the women's fury was centred on five executives accused of using cheap industrial silicone to fill tens of thousands of implants that were sold around the world.

Jean-Claude Mas, who founded and ran Poly Implant Prothese, is among those on trial in Marseille.

The now-defunct company had claimed its factory in France exported to more than 60 countries and was one of the world's leading implant makers.

More than 125,000 women worldwide received them until sales ended in March 2010. Of those, more than 5,000 are joining the fraud trial, saying the executives misled them into believing the implants were safe.

Mas' lawyers said the number of women listed in the case as victims is the largest in French judicial history and said the trial was too unwieldy to continue.

Mas declined comment as he entered a Marseille convention centre — turned into a courthouse.

He has said he never intended harm and his lawyers said the company's failure ruined him financially.

THE ASSOCIATED PRESS

Quoted

"Women have lost their jobs because of him, their health because of him."

Joelle Manighetti, a woman who received the implants, on Jean-Claude Mas

Jean-Claude Mas takes a smoke break at the trial Wednesday. PASCAL GUYOT/AFP/GETTY IMAGES

Easier banking. Lower fees.

That's the genius of the CIBC Everyday® Banking Bundle

Chequing, savings, overdraft protection and your choice of credit card: all the everyday banking you need, all in one place. Bundling your accounts together just makes sense. It makes banking easier. And it saves you money on fees.

Find out which banking bundle is right for you.
At the branch
cibc.com/geniusbundles
1 877 434-1909

CIBC FOR WHAT MATTERS.

®Reg. TM of CIBC. "CIBC For what matters." is a TM of CIBC.

Student in pain. Medical marijuana lights up a controversy at school

A post-secondary student in Calgary is raising questions about whether she should be allowed to take her medication at school.

Her medication is … medical marijuana.

Lisa Kirkman studies journalism at the Southern Alberta Institute of Technology (SAIT) and suffers from chronic pain and a blood disorder.

She manages her condition with the aid of the marijuana, which she takes through a vaporizer.

The vaporizer produces an odour and makes a slight noise — and has caught the attention of school officials.

Kirkman says she has been told SAIT may ask her not to use the vaporizer within any of its buildings. SAIT says no decisions have been made.

"This is a unique situation and we are reviewing our options to ensure that SAIT meets all of its legal obligations," the school said in a statement.

Kirkman says one solution could be a designated area where she could use her vaporizer.

GLOBAL CALGARY

A Calgary student uses marijuana to stifle pain. Should she be allowed to take it at school? GENARO MOLINA/LOS ANGELES TIMES/MCT/TORSTAR NEWS SERVICE/FILE

Graphic content

Wife cut, threw out penis, jury told

A California prosecutor says a jealous wife yelled, "You deserve it" before severing her estranged husband's penis with a kitchen knife and throwing it in a garbage disposal.

A jury heard opening statements Wednesday in the case of Catherine Kieu, 50, who is accused of drugging her husband's tofu with sleeping pills and tying him to a bed before the attack.

THE ASSOCIATED PRESS

Brr! It's only 1 C

The 'Peg's a little weather-worn

Winnipeg is paying back for a warm spring in 2012.

Wednesday's high of 1 C marked a new record for the weather-worn city, which has now seen 37 consecutive days of below-normal temperatures.

It's also the latest date in more than 140 years in which temperatures had yet to reach 5 C. The last time it took this long to reach 5 C was in 1872, says Environment Canada.

ELISHA DACEY/METRO

A tram adorned with the Dutch flag and Royal Cap is seen in Amsterdam on Wednesday. The decorations commemorate the abdication of Queen Beatrix, who will step down April 30. PETER DEJONG/THE ASSOCIATED PRESS

Crown Prince: Don't call me 'your majesty'

Netherlands royalty. Monarch-to-be reaches out to the commoners ahead of his investiture

Dutch Crown Prince Willem-Alexander set the tone Wednesday for what could be a relatively laid-back monarchy, saying in his last major interview before he becomes king that his subjects don't have to address him as 'your majesty.'

The prince's comments, in a pre-recorded television interview, are an indication that he could be an informal monarch more in the style of his grandmother, Queen Juliana — known for her folksy style and riding her bicycle in public.

The 45-year-old prince and his Argentine-born wife, Princess Maxima, will become king and queen when his mother, Queen Beatrix, abdicates April 30 after 33 years on the throne.

"I'm not a protocol fetishist. People can address me however they want," Willem-Alexander said. "For me, it is about people feeling at ease when I'm with them."

Willem-Alexander touched briefly on a family tragedy that will hang over celebrations surrounding his investiture — his brother Prince Johan Friso has been in a coma for more than a year since being caught in an avalanche while skiing in Austria.

"For the family, it is a very difficult moment," he said.

Also absent on the day will be Maxima's father, Jorge Zorreguieta, who was an agriculture minister in the military junta that ruled Argentina with an iron fist in the late 1970s and early 1980s.

His role in the brutal regime means he will not be in Amsterdam on April 30.

THE ASSOCIATED PRESS

Europe. Serbia, Kosovo try again to settle differences

The leaders of Serbia and Kosovo tried again Wednesday to resolve their differences after an earlier EU-brokered proposal was rejected.

The thorniest issue dividing the two sides is the status of northern Kosovo, which is inhabited predominantly by ethnic Serbs who reject the authority of the government in Pristina, Kosovo's capital.

A European Union spokeswoman said late Wednesday that Serbian Prime Minister Ivica Dacic and Kosovo Prime Minister Hashim Thaci had resumed their talks after a break of more than two hours. Their first session lasted about four-and-a-half hours.

While many other countries have recognized Kosovo as an independent nation since it gained statehood 2008, Serbia has not.

One condition for Serbia's eventual membership in the European Union is that it "normalize" relations with its neighbours.

THE ASSOCIATED PRESS

Greece

Migrant farmers shot in pay dispute

At least 20 migrant strawberry pickers were shot and wounded in southern Greece on Wednesday, in a pay dispute after a foreman opened fire on them with a shotgun, police said.

The incident occurred near the village of Manolada about 260 kilometres west of Athens.

Police Capt. Haralambos Sfetsos said most of the wounded workers were from Bangladesh. The shooting occurred when 200 workers demanded six months' unpaid wages and "moved threateningly" toward three foremen, when one opened fire.

The owner of the site has been detained for questioning while arrest warrants have been issued for three foremen, all of whom are Greek.

THE ASSOCIATED PRESS

Poland

3-D photos recount Holocaust revolt

Israel's ambassador to Poland opened a 3-D show of Warsaw ghetto photos on Wednesday as part of observances marking the 70th anniversary of the ghetto's ill-fated revolt against Nazi Germans.

The 48 pictures shown at Warsaw's Fotoplastikon were taken between 1940, when the ghetto was set up, and 1945, when almost nothing remained of Warsaw's Jewish district. Some of the images are very poignant, like one of a boy searching for lice in his clothes.

On April 19, 1943, a few hundred poorly armed Jews put up resistance to the German forces, who were sending ghetto residents to death camps. The revolt was crushed in May, and the ghetto was razed to the ground, its residents killed.

THE ASSOCIATED PRESS

Sealy
SPRING INTO SAVINGS
DOWN UNDER
WE SELL BRAND NAME MATTRESSES FOR LESS & OFFER 60 DAY COMFORT GUARANTEE
Wamsutta Bamboo Sheet Sets
$39.99*
Reg. up to $159.99
ANY SIZE
Double- Queen - King
Assorted Solid Colours
Wrinkle Free Sheet Sets
$19.99*
Reg. up to $49.99
ANY SIZE
Twin, Double, Queen
Assorted Solid Colours
PEAR 10" MEMORY FOAM MATTRESS WITH BAMBOO
Reg. $899.99
$399.99*
DOUBLE OR QUEEN MATTRESS
All Sizes on Sale
Standard Mattress
Pear Memory Foam Mattress
Greyson Bed
No Boxspring Required
Your Choice
Storage Beds
$499.99* REG $649.99
Double or Queen
Includes Drawers
Marquee Bed
No Boxspring Required
HUGE SELECTION OF SOFA BEDS
$279.99*
Down Under College Park
444 Yonge Street
Inside College Park
South Entrance off Yonge
416.598.2184
Down Under Mississauga
5170 Dixie Road
Just North of Eglinton
905.624.5854
Down Under Markham
8561 McCowan Road
North of 7 on the East Side
across from Markville Mall
905.201.9496
www.downunderbedding.com
*Ad must be presented or mentioned to receive offer
Sale Ends: April.22nd

Street artists moved by spring collection

Rag & Bone. Artwork inspired by fashion is on exhibit at Holt Renfrew flagship store

A concept born in the Big Apple recently expanded north of the border with Canadian street artists showcasing their interpretations of a famed fashion line. Five homegrown talents took to the canvas to create unique pieces inspired by New York-based Rag & Bone's spring-summer collection.

The colourful artistic creations served as the backdrop during a recent visit by label co-founders David Neville and Marcus Wainwright to Holt Renfrew's flagship downtown Toronto location where the works are part of a limited-time exhibition until April 22.

The art of dress

"No matter where it is across the spectrum, I think there's definitely a lot of crossover."

Artist Elicser Elliott discusses the connection between visual art and fashion

The connection between visual art and fashion has been one embraced by Rag & Bone.

At one of their New York locations, the label has an ongoing project which involves commissioning artists or holding competitions to create designs on the wall outside of their storefront.

THE CANADIAN PRESS

Toronto artist Li-Hill's Moving Through a White Expanse. Hill is one of five area artists to create Rag & Bone pieces. ADAM MOCO/THE CANADIAN PRESS

GET PAID TO UPGRADE
APRIL 13TH TO 22ND
ON ALL CASH, FINANCE AND LEASE DEALS.

EX-$750¥ ON ALL CARS

EXTRA $1,250¥ ON ALL SUV'S & VANS

105 DAYS ONLY! More accessories – More options – More luxury

2013 Rio4 SX with Navigation shown△
RIO 4-DOOR
HWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM
WAS $139 MONTHLY
LEASE IT FROM 0.9% APR FOR 36 MONTHS
EXISTING DISCOUNT $900 *3 MONTHLY PAYMENTS ON US* SAVINGS◇
UPGRADE BONUS $750¥
NOW ONLY $121≠ MONTHLY
$1,495 down payment. Offer includes delivery, destination, fees, $900 *3 MONTHLY PAYMENTS ON US* SAVINGS◇ and $750 UPGRADE BONUS*. Offer based on 2013 Rio 4-door LX MT with a purchase price of $15,365.

2013 Optima SX Turbo shown△
OPTIMA
HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM
WAS $256 MONTHLY
LEASE IT FROM 0.9% APR FOR 48 MONTHS
EXISTING DISCOUNT $500 IN LEASE SAVINGS◇
UPGRADE BONUS $750¥
NOW ONLY $239≠ MONTHLY
$1,495 down payment. Offer includes delivery, destination, fees, $500 LEASE SAVINGS and $750 UPGRADE BONUS*. Offer based on 2013 Optima LX MT with a purchase price of $23,565.

2013 Sportage SX shown△
SPORTAGE
HWY (A/T): 6.5L/100KM
CITY (A/T): 9.7L/100KM
WAS $238 MONTHLY
LEASE IT FROM 1.9% APR FOR 48 MONTHS
EXISTING DISCOUNT $500 IN LEASE SAVINGS◇
UPGRADE BONUS $1,250¥
NOW ONLY $225≠ MONTHLY
$1,495 down payment. Offer includes delivery, destination, fees, $500 LEASE SAVINGS and $1,250 UPGRADE BONUS*. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of $23,760.

2014 Modèle SX illustré△
SORENTO
HWY (A/T): 7.1L/100KM
CITY (A/T): 10.4L/100KM
WAS $297 MONTHLY
LEASE IT FROM 2.9% APR FOR 48 MONTHS
UPGRADE BONUS $1,250¥
NOW ONLY $269≠ MONTHLY
$4,100 down payment. Offer includes delivery, destination, fees and $1,250 UPGRADE BONUS*. Offer based on 2014 Sorento 2.4L LX AT FWD with a purchase price of $28,475.

CERTIFIED PRE-OWNED
2010 Certified Pre Owned Kia Soul 4U
Automatic, A/C, Power Group, ABS, ESC, Bluetooth, Sunroof, Alloy Wheels
NOW ONLY $14,000≠
OR FINANCE FOR $95 PLUS HST, BIWEEKLY @4.99% 84 MONTH

5 Year Warranty WE'VE GOT YOU COVERED *5-year/100,000 km worry-free comprehensive warranty.

Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies. Prices do not include licensing or applicable taxes.

KIA The Power to Surprise

AIRPORT KIA 905-677-5678
3295 Derry Rd. E. • Mississauga www.airportkia.ca

NO CREDIT, BAD CREDIT, NO PROBLEM!

Offer available on select new 2013/2014 models through participating dealers to qualified customers who take delivery by April 30, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,650. Rio5x-Québec Fee of $55 and A/C charge ($100, where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ¥Lease offer available on approved credit on new 2013 Rio4 LX MT (RIO54D)/2013 Optima LX MT (OPS40)/2014 Sorento LX AT FWD (SR75RE)/2013 Sportage 2.4L LX MT FWD (SPS50) is based on monthly payments of $121/$240/$269/$225 (includes a lease savings (lease credit) of $0/$500/$0/$500 and $750/$750/$1,250/$1,250 (Upgrade Bonus)) for 36/48/48/48 months at 0.9%/0.9%/2.9%/1.9% with a $1,495/$1,495/$4,100/$1,495 down payment/equivalent trade, security deposit and first monthly payment due at lease inception. Excludes $350 lease administration fee due at time of delivery. Total lease obligation is $5,853/$12,975/$17,032/$12,277 with the option to purchase at the end of the term for $9,512/$10,592/$14,497/$10,483. Lease has 16,000 km/year allowance and $0.12/km for excess kilometres (other packages available). Licence, insurance and applicable taxes are extra. Retailer may lease for less. See dealer for full details. ≠"5 Monthly Payments On Us" offer is available on approved credit to eligible retail customers who finance or lease any new 2013 Rio from a participating dealer between April 15-22, 2013. Customers will receive a cheque in the amount of three payments (excluding taxes) to a maximum of $300 per month or can choose up to $800 reductions from the selling/lease price after taxes. See your dealer for complete details. Offer ends April 22, 2013. Cannot be combined with "Don't Pay For 90 Days" offer. ¥Upgrade Bonus of $750/$750/$1,250/$1,250 is available on all cash, finance and lease offers of new 2013 Rio4 LX MT (RIO54D)/2013 Optima LX MT (OPS40)/2014 Sorento LX AT FWD (SR75RE)/2013 Sportage 2.4L LX MT FWD (SPS50) from a participating dealer between April 15-22, 2013, and is deducted from the selling price before taxes. Some conditions apply. ≠Model shown Manufacturer Suggested Retail Price for 2013 Rio4 Sx with Navigation AT (RIO46D)/2013 Optima SX Turbo AT (OPA82D)/2014 Sorento SX V6 AWD 7-Seater (SR75XE)/2013 Sportage 2.0T SX Navigation (SPS75D) is $21,450/$33,550/$34,795/$30,995 and includes delivery and destination fees of $1,450/$1,495/$1,650/$1,650, environmental fee and A/C charge ($100, where applicable). Licence, Rio5x-Québec Fee ($55), insurance and applicable taxes are extra. Retailer may sell for less. Available at participating dealers. See dealer for full details. ◇Highway/city fuel consumption is based on the 2013 Rio4 LX: GDI 4-cyl (M/T)/2013 Optima 2.4L GDI 4-cyl (M/T)/2014 Sorento LX 2.4L MPI 4-cyl (A/T)/2013 Sportage 2.4L GDI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation. Financing is OAC, cost of the borrowing for used car is approx. $3000 for the term.

Political storm. Weather website's makeover angers opposition critic

A screengrab of Environment Canada's redesigned website. METRO

Canadians checking the local weather on the federal government's website may have to squint to see the Environment Canada logo, but they'll get an eyeful of the Conservative "economic action plan."

The government says that the site — weather.gc.ca — has been given "a fresh new look."

The makeover includes removing from the top of the page the name and familiar logo of the federal department that provides the meteorological information on cities and towns across the country.

Except for the interactive main page with its multiple maps, in which "Environment Canada'' is embedded in fine print above Iqaluit on the map of Canada, the logo has all but disappeared from the site.

What does appear prominently is a trio of brightly coloured links that promote last month's federal budget, the generic "economic action plan'' website, and the Canada Revenue Agency's slogan: Tax Savings Working For You.

Green party Leader Elizabeth May says Canadians who simply want to check the weather are being bombarded with taxpayer-funded Conservative propaganda.

But a spokeswoman at Environment Canada says the makeover simply follows Treasury Board guidelines designed to make web applications more user friendly. THE CANADIAN PRESS

New York

Advertisers target tweets

Twitter is introducing a feature that lets advertisers target ads based on words that appear in users' tweets.

Twitter said Wednesday that users won't see any difference in their use of Twitter and the change doesn't mean ads will show up more frequently.

Rather, Twitter says this keyword targeting will bring its users ads that are more relevant to them. For example if tweets about a band they like, they might see an ad about the band's upcoming concert nearby. THE ASSOCIATED PRESS

Ottawa

Trudeau attack ads backfire

Conservative attack ads against Justin Trudeau have turned into a financial boon for the Liberal party.

The party raised $336,000 in the 48 hours following Trudeau's landslide victory in the Liberal leadership race Sunday, more than double the party's previous top haul for an e-mail fundraising campaign.

They say the donations poured in after back-to-back mass email solicitations that urged Liberals to fight back against Conservative attacks. THE CANADIAN PRESS

A firefighter enters a window to search for the bodies of two children at a house fire in Thurso, Que., on Wednesday. Two people are confirmed dead after the pre-dawn blaze. FRED CHARTRAND/THE CANADIAN PRESS

Flames thwart father's bid to save children

House fire. Two dead thought to be kids; two adults, four minors escape

A father desperate to rescue his family climbed a ladder to the second-storey window of his burning home in Thurso, Que., but was beaten back by the heat of the blaze.

Two people, believed to be children, are confirmed dead following the fire.

Sylvain Lacroix lives next door to the house and said he woke to the father yelling outside around 4:30 a.m. as flames were shooting out the basement window.

The father climbed into the window with the help of a ladder, Sylvain said, but had to jump out almost right away due to the strength of the fire.

The dad, another adult and four minors took refuge in his kitchen, which he described as a "war zone."

All six people were sent to area hospitals. Their conditions are not known, said Quebec provincial police Sgt. Marc Tessier

Tessier said two bodies were found on the upper level of the home.

Tessier said the blaze broke out shortly after 5 a.m., and the house was fully engulfed in flames by the time fire crews arrived.

JOE LOFARO/METRO IN OTTAWA WITH FILES FROM THE CANADIAN PRESS

Thurso

- Thurso is a community of about 2,500 people lying on the banks of the Ottawa River between Ottawa and Montreal.
- It is the birthplace of hockey star Guy Lafleur.

Message in a bottle

Canadian's note found in Croatia

A Canadian man's message in a bottle has washed ashore in Croatia 28 years after he penned it to fulfil a promise to a woman.

The short message reads: "Mary, you really are a great person. I hope we can keep in correspondence. I said I would write. Your friend always. Jonathon. Nova Scotia 1985."

Kite surfer Matea Rezik discovered the note after it washed up in a bottle on the banks of the Neretva river. Rezik told Croatian newspaper Dubrovacki Vjesnik she was helping clear a beach of debris when she spotted the plastic-coated note shoved into a bottle.

Rezik has posted a photograph of the note on Facebook. THE CANADIAN PRESS

Genetic testing

Bill aims to stop discrimination

The Liberal leader in the Senate has introduced legislation that would stop insurance companies and others from discriminating against people who are genetically susceptible to some diseases.

Sen. James Cowan's bill, tabled Wednesday, aims to ensure people are not treated differently because genetic testing shows they have higher odds of getting certain diseases.

There are hundreds of genetic tests available to help spot certain genes known to increase a person's risk of getting certain diseases. But some people may opt against being tested for fear they could face discrimination from insurance companies or employers. THE CANADIAN PRESS

EGLINTON-SCARBOROUGH CROSSTOWN

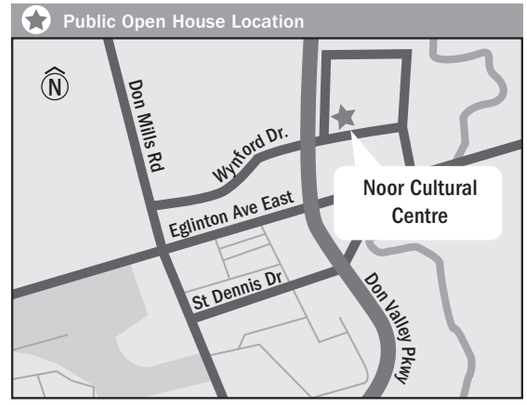
METROLINX
An agency of the Government of Ontario

East Alignment Environmental Assessment Update

Rapid and reliable transit is coming to the centre of Toronto. The Crosstown will move Torontonians to work, school and play faster than ever before – reducing travel times and enhancing our economy and our environment. The Crosstown will run along Eglinton Avenue and transit travel will be up to 60% faster than today.

Metrolinx invites you to attend a meeting on the proposed east tunnel extension to just east of Don Mills Station. In December 2012, changes to the east alignment were proposed. Input from that meeting and a subsequent public meeting in January was collected. At this meeting, Metrolinx will present the most current proposal for the alignment.

The information meeting will begin at 7:00 p.m. with an opportunity to view displays and speak one-on-one with staff. We look forward to seeing you there.



Date: Tuesday, April 23, 2013
Time: 7:00 p.m. – 9:00 p.m.
Location: Noor Cultural Centre
123 Wynford Drive

For more Crosstown information:

Visit the Crosstown Community Office at 1848 Eglinton Avenue West (at Dufferin).

E-mail: crosstown@metrolinx.com
Tel: 416-782-8118
TTY: 1-800-387-3652
Web: www.thecrosstown.ca

www.facebook.com/thecrosstown

www.twitter.com/crosstownTO

Pour plus de renseignements, veuillez composer le 416-869-3200 ou le 1-888-GET-ON-GO (438-6646).

West Community Office | Please Contact Us | 1848 Eglinton Avenue West
416-782-8118 | crosstown@metrolinx.com | www.thecrosstown.ca

Need to see a Doctor?

Check our Walk-in Wait Times online at
www.appletreetoronto.com

20 locations providing both walk in services and on going family medical care

647-722-2370

Appletree Medical Group
Physicians Working Together for Better Health Care
20 Anniversary 1992-2012

Scourge of suicide shatters remote northern reserve

Fast help wanted. Community declares state of emergency after deaths: 'Now we have nothing left,' chief says

Two recent deaths among members of the Neskantaga First Nation have prompted the remote northern Ontario community to declare a state of emergency.

It wants fast help to stop the scourge of suicide.

The First Nation northeast of Thunder Bay has seen two of its members die over the past two weeks, throwing the fragile community of 300 into grief and fear for the stability of other families.

A chief's pain

Chief Peter Moonias hopes for help from any level of government in putting together a long-term plan to confront serious problems with prescription drugs.

- **Emergency.** He estimates more than half the community's adults are addicted to OxyContin or other painkillers.

Chief Peter Moonias said that just as the community was burying the first victim — a man in his 30s — they learned of the death of a 19-year-old from Neskantaga living in Thunder Bay.

Moonias said police have yet to declare the second death a suicide, but he suspects they soon will.

The problems come just a few months after another young man took his life there in December, a tragedy that prompted the community to close ranks and put its youth on suicide watch.

"One suicide, we could have handled.... Not easily, but we could have come back," said Moonias.

But the suicides are coming so close together that almost no one in the community has been left untouched.

And now they can't cope.

"Now we have nothing left. We have hardly anybody who is not affected in the community.

"The community situation ... is in a state of shock."

THE CANADIAN PRESS

Golly! Google's going hiking

Fancy a walk with your sweetie on a secluded beach? Why not just Google it? A deal between Parks Canada and Google Maps will soon allow you to do just that. The global Internet giant's staff will drive the roads and hike the paths of national parks and historic sites by the end of 2014 using special backpack-mounted cameras. Virtual visitors will be able to stop and look around ... as if they were actually there. Yes, it's a walk in the park. JONATHAN HAYWARD/THE CANADIAN PRESS

Seniors targeted

Long-lost kin? They'll scam you

Police in Windsor are warning residents, particularly seniors, about con artists posing as long-lost relatives.

Elderly people have received phone calls from supposed relatives in Europe saying they are in Canada and require money for emergencies or large-ticket purchases.

Scammers appear to know personal information about their victims and may speak to them in their own language.

Police say in one case the suspects were mining information from a Facebook page.

While past scams have involved the wire transfer of money, police say scammers are now going to homes to pick up cash.

In two cases, Windsor families were defrauded of more than $20,000. Cash was picked up by a well-dressed South Asian man in his 30s driving a silver car.

METRO ONLINE

$1500 Resort Credit & Beach Boys Concert

Moon Palace Golf & Spa Resort, Cancun, Air Included

go.jaunt.ca/mt/cancun

Exclusively provided by: transat

$1379 plus $348 in taxes

Buy before April 25, 2013

Departs Toronto: August 3, 2013

Resort escape to Cancun with $1500 credit per room and Beach Boys tickets for two.

Songs of Sand and Surf in Cancun

Touting a seriously laidback vibe, and donning some classic Hawaiian prints, The Beach Boys have been longtime sunshine enthusiasts. They talk of moonlit nights and putting out to sea, and of tropical drinks being synonymous with falling in love. In Cancun Mexico, the shining star of the Mayan Riviera, palm trees are anchored in alabaster sands, fringing a series of flawless beaches and nightly reenactments of favourite Beach Boys songs. At Moon Palace Golf & Spa Resort you can experience the best of Mexico, and you get to see these surfer songsters in their true element—surrounded by the sand and surf immortalized in their songs.

To book your next great getaway visit jaunt.ca

1.855.GO.JAUNT (Mon-Fri)

tico.ca

- Retail sales Tax and federal goods and services tax are not included and are payable directly to the merchant. Gratuities are not included.
- All offers subject to availability and other conditions. Please see www.jaunt.ca for details.
- Fulfillment services provided by Jaunt.ca, 590 King St West, Suite 400, Toronto, ON M5V 1M3. TICO Registration #50020132

Legislation blocked

Obama calls gun-control defeat by Senate 'shameful'

The U.S. Senate blocked bipartisan legislation Wednesday aimed at tightening restrictions on the sale of firearms, a huge defeat for President Barack Obama and a rejection of personal pleas by families of the victims of last winter's mass elementary school shooting in Connecticut.

An attempt to ban assault weapons and a ban on high-capacity ammunition magazines were also rejected in a series of showdown votes four months after a gunman killed 20 school children and six staff members at Sandy Hook Elementary School.

The background-check measure commanded a majority of senators, 54-46, but that was short of the 60 votes needed to advance.

"All in all, this was a pretty shameful day for Washington," said Obama, speaking to the nation after the vote.

THE ASSOCIATED PRESS

Charged over Instagram post

Jennifer Pawluck, charged after posting an Instagram photo of graffiti showing Montreal police Cmdr. Ian Lafreniere with a bullet in his head, leaves the courtroom following her arraignment Wednesday in Montreal. Pawluck, 20, is charged with criminal harassment. Her case was put off until May 24, when her trial date may be set. PAUL CHIASSON/THE CANADIAN PRESS

HONDA ROADSPORT HONDA HONDA

All vehicles are plus hst, 5 omvic, licensing and $40.00 Gas. ** Choose one gift with purchase of a pre-owned vehicle, on selected models O.A.C. Sale ends April 30th, 2013

ROADSPORT Honda
416-291-9501
www.roadsport.com • 940 Ellesmere Road (At Kennedy)
HONDA Certified
Kennedy HWAY 401 Ellesmere

DO YOU USE OPIOID DRUGS?

Healthy men and women ages 18 to 55 who have experience with opioid drugs such as morphine, oxycodone, heroin or codeine are needed for a clinical research study.

The purpose of this study is to compare the investigational drug with a currently available opioid drug and placebo.

Study consists of one screening visit, one 4-day in-clinic qualification session, six 3-day in-clinic treatment periods, and a follow-up visit.

Financial compensation up to $4680.

inc Research®

www.studies4u.com
416.640.4004 • 1.866.222.8063
720 King Street West, 7th Floor (north elevators)

Market Minute

DOLLAR
97.41¢
(-0.58¢)

TSX 11,947.29 (-172.64)

OIL $86.68 US (-$2.04)

GOLD $1,382.70 US (-$4.70)

Natural gas: $4.20 (+4¢)
Dow Jones: 14,618.59 (-138.19)

You know you want it: Wearable computing devices like the Pebble smart watch and Google Glass are expected to explode in popularity over the next year and could become the norm within a matter of years, tech analysts say. THE ASSOCIATED PRESS/GETTY IMAGES/FILE PHOTOS

So long smartphone, hello smart watch?

Tech trend. Some wearable computing gadgets could have mass appeal, observer says

Using wearable computing devices like smart watches and smart glasses will appeal to consumers as an alternative to pulling out their smartphones, say technology experts. You'll be able to respond to text messages or emails and make phone calls without reaching for your phone, said Info-Tech Research Group's Mark Tauschek.

"If you've got a smart watch on your wrist or you're wearing Google Glass, you're going to get those notifications on your wrist or in your eye so you don't have to reach into your holster or pocket or purse or whatever to grab your smartphone," Tauschek said. THE CANADIAN PRESS

Tax or tariff? Bike shop owner feels deceived by budget announcement

The owner of an Ottawa bicycle shop where Finance Minister Jim Flaherty trumpeted the benefits of his budget last year says he feels misled. Despite what the federal Conservatives say, they are raising consumer taxes by increasing tariffs on goods imported from dozens of countries, Jose Bray told a news conference at his Joe Mamma bike store on Wednesday.

"It was a little misleading and I think calling it a tariff and saying we're not raising taxes is trying to pull the wool over the eyes of the consumer," he said. "I feel misled more than anything." Bray's shop was the backdrop last October for a news conference where Flaherty announced measures to be included in his 2012 omnibus Budget Implementation Act.

Finance Minister Jim Flaherty appears at Joe Mamma's bicycle shop in Ottawa on Oct. 18, 2012, to trumpet the benefits of his budget. THE CANADIAN PRESS FILE

Flaherty said then he would not raise taxes and would give small businesses a tax credit. But the Conservatives have increased taxes, said Bray, by way of the tariffs, which will increase prices for a number of consumer products, including bicycles. THE CANADIAN PRESS

Protectionism

Feds should open Canada's skies to foreign carriers: Consumer group

The Consumers' Association of Canada is calling for the federal government to allow more competition from foreign airlines. The group says Canada's current policy protects the dominant domestic airlines and limits consumer options. THE CANADIAN PRESS

Bling on the beat

Dubai police add Ferrari to fleet

Seems Dubai police have a thing for Italian speed: they're making preparations to have a nearly $250,000 US Ferrari join an even pricier Lamborghini as the flagship flash of its fleet. Dubai plans to have the two ultra-cars roll through tourist zones in yet another expression of the city's endless pursuit of glitz. THE ASSOCIATED PRESS

Health care

Doctors flee Puerto Rico for U.S. mainland

For years, going to the doctor in Puerto Rico has often meant getting in line. Now, it might mean getting on a plane. A medical exodus is taking place in the Caribbean territory as doctors and nurses flee for the U.S. mainland, seeking higher salaries and better reimbursement from insurers — and many of their patients are now forced to follow. THE ASSOCIATED PRESS

MADE BY Hand ** Spring CRAFT SHOW
SATURDAY APRIL 20
11AM - 5PM
FEATURING OVER 190 CANADIAN HANDMADE ARTISTS & ARTISANS
BUY TICKETS ONLINE
INTERNATIONAL CENTRE - HALL 1 6900 AIRPORT ROAD, MISSISSAUGA
MADEBYHANDSHOW.CA
TWITTER.COM/MADEBYHANDSHOW
FACEBOOK.COM/MADEBYHANDSHOW
METRO

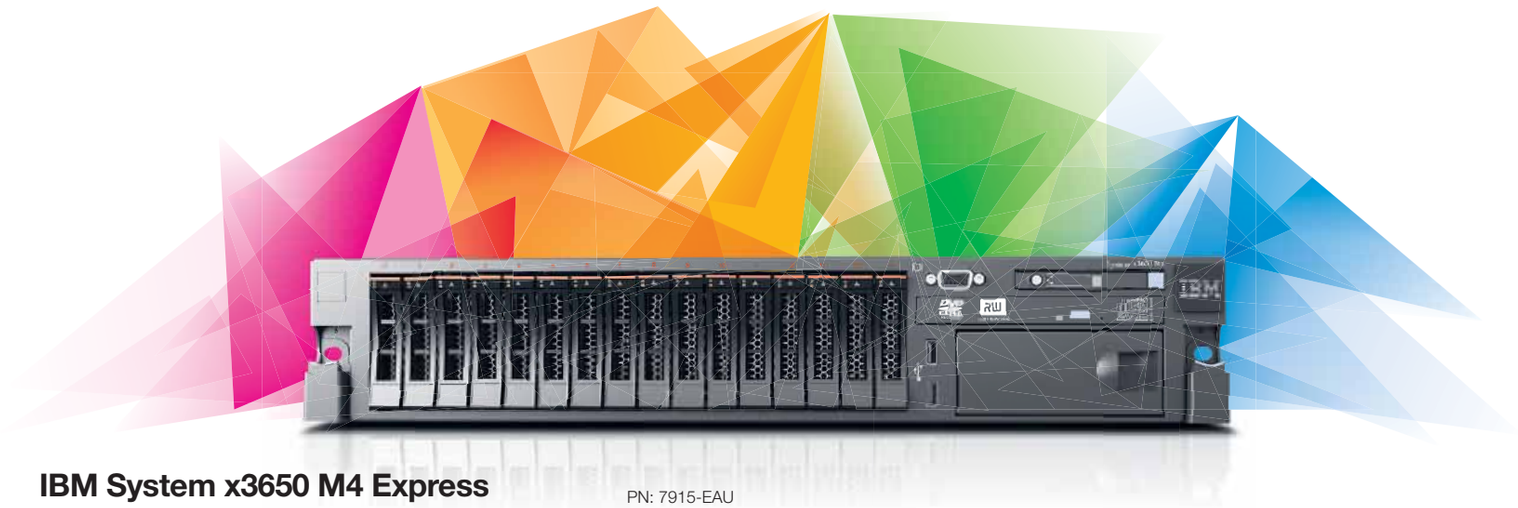
A Clinical Research Opportunity for People with GOUT FLARES
GOUT
research study enrolling now
A research study near you may offer a no-cost investigational drug for GOUT if you qualify.
No-cost study-related care.
Compensation up to $1,000 may be available.
Call 866-785-2185
or visit www.GoutStudyInformation.com

BUSINESS, FRANCHISE & INVESTMENT EXPO & CONFERENCE
PRESENTS
CANADA'S MOST INSPIRING FRANCHISE & BUSINESS OPPORTUNITY SHOW
April 27 & 28
2013
11am-5pm at DIRECT ENERGY CENTRE
FREE TICKETS
Only When You Register Online at BusinessExchange.ca
Tickets $20 at the Door
POST SHOW NETWORKING EVENT
Sat, April 27th at 5:30pm - 7:30pm
REGISTER FOR TICKETS
$40 IN ADVANCE | $50 AT THE DOOR
SPICE ROUTE
499 King St. W.
Toronto, ON M5V 1K4
The Business Exchange
THE FIRST 50 PEOPLE EACH DAY WILL RECEIVE A FREE 2 NIGHT HOTEL VOUCHER!
www.BusinessExchange.ca | 1.877.337.1188

Resiliency that challenges the norm.
The IBM System x3650 M4 Express server.

Business-critical solutions require a server capable of delivering steady performance even under pressure. The powerful and customizable IBM® System x3650 M4 Express® server, with the latest Intel® Xeon® processor, has a resilient architecture that is designed to operate at temperatures as high as 40 degrees Celsius for 100% of operating hours.[1] This capability can help save on power and cooling costs, and is not warranted for either HP ProLiant DL380p G8 or Dell PowerEdge R720.[2] With the added expertise of IBM Business Partners, you can address the increasing demands on your IT infrastructure.

A resilient server for your business-critical solutions.



IBM System x3650 M4 Express

$2,564

PN: 7915-EAU

Up to two 8-core Intel Xeon E5-2600 series processors
Up to 768 GB via 24 slots (UDIMM/RDIMM/LRDIMM/HCDIMM)
Internal storage of up to 16 TB (2.5" model) or 18 TB (3.5" model) SAS/SATA
4 – 6 PCIe 3.0 ports, optional 4 PCI-X or 2 double-width PCIe (for GPU* by special bid)
Equivalent NEBS 1/ETSI compliance for both ac and dc power supply, compliant with 80 PLUS Platinum and ENERGY STAR (model dependent)
Sixteen 2.5" or six 3.5" HDDs or thirty-two 1.8" SSDs Hot-swap power supplies, fan modules and hard disk drives

IBM BladeCenter HS23 Express

$2,819

PN: 7875-E4U

Intel Xeon processor E5-2600 product family, with up to 8 cores
Up to 256 GB at 1333 MHz (assuming 16 GB DIMMs), 16 DIMM sockets – VLP Registered ECC DDR3, at 1333 or 1600 MHz
1 standard CIOv and 1 high-speed CFFh expansion slot
Integrated Virtual Fabric for BladeCenter, Emulex BE3 Dual 10 Gb/1 Gb
Supports hot-swap SAS/SATA HDDs or solid-state drives
Support for all BladeCenter chassis

IBM Storwize V3700

$9,074

PN: 2072-S2C

Entry disk system offers great configuration flexibility with up to 120 HDDs and SSDs (180 TB)
Full interoperability with extensive suite of Microsoft® and VMware solutions supported
Multi-protocol support provides consolidation flexibility – iSCSI, FC, and FCoE
Ease-of-use with point-and-click embedded GUI modelled on IBM enterprise storage systems
Internal virtualization, FlashCopy and Thin provisioning included at no additional charge
Built-in data migration function to easily move data from older storage to V3700

Read the white paper
Higher data centre temperatures can help reduce costs without impacting performance.
www.ibm.com/systems/ca/resiliency

Contact the IBM Concierge to help you connect to the right IBM Business Partner.
1-866-872-3902 (mention x3650m4)

[1]Applicable to IBM System x3750 M4, x3650 M4, x3630 M4, x3550 M4, x3530 M4 and x3300 M4 server models with 95 Watt processors or below.
[2]HP ProLiant DL380p G8 supports up to 35 °C (Link: http://www.storagenetworks.com/documents/manuals/dl380p-gen8-manual.pdf). Dell PowerEdge R720 and R720xd support up to 40 °C at 10% of annual operating hours or less (Link: http://support.dell.com/support/edocs/systems/peR720/en/OM/r720omen.pdf).

IBM hardware products are manufactured from new parts or new and serviceable used parts. Regardless, our warranty terms apply. For a copy of applicable product warranties, visit http://www.ibm.com/servers/support/machine_warranties. IBM makes no representation or warranty regarding third-party products or services. IBM, the IBM logo, System x, BladeCenter, Flashcopy, Express and Storwize are registered trademarks of International Business Machines Corporation registered in many jurisdictions worldwide. Other product and service names might be trademarks of IBM or other companies. Microsoft is a registered trademark of Microsoft Corporation in the United States and/or other countries. For a current list of IBM trademarks, see www.ibm.com/legal/copytrade.shtml. Intel, the Intel logo, Xeon and Intel Inside are trademarks of Intel Corporation in the U.S. and other countries. All prices and savings estimates are subject to change without notice, may vary according to configuration, are based upon IBM's estimated retail selling prices as of 01/15/2013 and may not include storage, hard drive, operating system or other features. Reseller prices and savings to end users may vary. Products are subject to availability. This document was developed for offerings in Canada. IBM may not offer the products, features, or services discussed in this document in other countries. Contact your IBM representative or IBM Business Partner for the most current pricing in your geographic area. ©2013 IBM Corporation.

CLEAN? OVER MY DEAD BODY

HE SAYS

John Mazerolle
metronews.ca

Ah, spring! That magical time of year when a single man's fancy turns to removing items from the refrigerator that are branded "Official sponsor of the Vancouver Olympics."

Yes, it's time for spring cleaning.

According to a Wikipedia entry that I just wrote, spring cleaning as a modern ritual dates back to the 1920s with the annual cleanup at the Slinky factory in Ohio, where workers would clean the toy springs top to bottom in time for autumn inspection.

This adjectival misunderstanding led people to dust, mop and organize their homes every spring as the weather warmed, which was convenient because those sexy outfits that maids are always wearing are terribly nippy in the winter.

The event caught on and now almost everybody does it. Even I take part in spring cleaning, despite the fact that I practise a special bachelorhood religion that considers dust bunnies sacred.

Which leads to a tricky question: Why do I do it?

God knows I don't make it easy on myself. I believe in a challenge, which is why spring cleaning is what I like to call "the only time I clean all year." Less concise, more accurate.

For most of the year, I just look around as I'm leaving for the day and think, "If I died today, would I be mortified when people open my apartment?"

In other words, my place has to be so disgusting that I would feel shame from beyond the grave. If there are no creatures with eyeballs living in the apartment and no need for the gag reflex, I'm usually satisfied. So spring cleaning is, like me, kind of a big deal.

I start by dusting the dust off the duster, taking the mothballs out of the mothballs and cleaning up the cleaners. Fully armed, I tackle the household from eye-level to bottom.

I even wash the dishes, instead of my usual ritual of draining the water and resoaking repeatedly in hopes that the dishes will dissolve. If anyone ever invents a water-soluble, one-use frying pan, I'll be first in line — every morning.

Tackling the bathroom is also key. Usually there are so many pairs of underwear on the floor it looks like Judgment Day came and God took up only people who were mid-orgy.

Then there's the fridge, which doubles as a Grade 4 science project missing only the Bristol board that says "mould" at the top. The vegetable crisper (total misnomer) is often vegetable soup, and the multiple milk cartons in the door are like a retrospective: "The Best Before Dates of 2012."

But I still go through with the cleanup. Why? Basic hygiene? Goodness, no.

It's because it feels like a chance at new beginnings. I can wipe the slate clean, dust off my dreams and wash away the memory of that night I woke up on the living-room floor with a half-eaten junior bacon cheeseburger in my pocket. Like a New Year's resolution reprise, spring cleaning is a chance to "start clean."

That way, the carpet won't be dirty when it happens again.

ZOOM

A six-legged robot — take a hike!

ALICK COTTERILL/REX FEATURES

Behold, the largest hexapod robot in the world can walk

Meet Mantis, the six-legged walking machine. The menacing robot claims to be the biggest all-terrain operational hexapod robot in the world.

Designed and built in Winchester, Hampshire, south England, after four years of research and development, it is the brainchild of Matt Denton, founder and chief designer of Micromagic Systems.

The robotic device can be piloted from within the cockpit or remotely using Wi-Fi technology. It's available now for private hire, custom commissions, events and sponsorships. **METRO**

Q and A

Creator inspired by Star Wars movie

MATT DENTON
Founder of Micromagic Systems

What inspired you to make this?
It started at a young age while watching sci-fi films such as Star Wars: The Empire Strikes Back. Seeing those imposing AT-ATs walk across a snowscape got me fascinated with the concept of using legged locomotion on vehicles. This ultimately led me to working in the film industry within animatronics.

I built my first hexapod robot back in 2001, it was about 30 centimetres long. I guess the Mantis was a natural progression. **METRO**

Clickbait

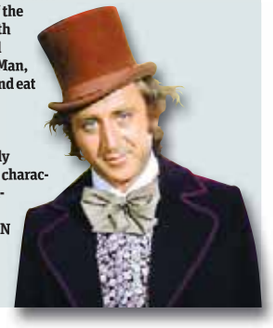
Because your Twitter feed can never have enough sarcasm, here are a couple of 'celeb' parody accounts to follow if you want to spice up your daily intake of hilarity.

@WonkaTweets:

Gene Wilder is back in a condensed, 140-character version of Willy Wonka. He makes fun of the next generation while cracking jokes with gems like, "I bet when cheetahs race and one of them cheats, the other one goes, 'Man, you're such a cheetah!' and they laugh and eat a zebra or whatever."

@DRUNKHULK:

As the name suggests, this Twitter parody account is your favourite Marvel Comics character who drunk tweets in an all-caps, first-person, poor-grammar style. One of his latest: "5.5 TONS OF NUTELLA STOLEN IN GERMANY! SOMETIME IT FEEL LIKE DRUNK HULK NOT LIVING UP TO FULL POTENTIAL!"



Letters

RE: Preschoolers Who Drink Low-Fat Milk More Likely To Be Overweight, published March 25

This is a story of another industry lie like the tobacco and sugar industry.

The dairy industry has promoted low-fat as good for your health, but actually it is good for their bottom line because they can extract more cream to make more products.

The simple science is: All that is left in the milk after the "fat" cream is removed is the sugar (lactose) so when you drink this "healthy" product you are just adding more sugar to an overloaded, Western, sugary diet. The little fat left in the three per cent milk actually works to reduce and slow the sugar uptake, and adds more food value to the milk, which is healthier. One day, hopefully, all these lies will be shown: the sugar poison, the fat-free, high-sugar products.

I don't buy organic, I'm just concerned about the poor Western diet and the lies we are told. **44fourty posted to metronews.ca**

RE: UBC Study Reveals Most People Don't Know A Woman's Eggs Are As Old As She Is, published March 27

This article left me feeling depressed. I'm 34 years old, and not even close to having children, even though I dream of having few.

It's a grim reminder of how quickly life passes, and the pressure we women are under. **Agnieszka Jeglinska posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

metro

President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

Read the book.
Watch the movie.

The tablet designed for Readers who want more.

Kobo Arc's 7" HD screen displays 16 million colours, making every word and image vivid and clear. And with 3 million books in the Kobo eBook store and thousands of movies and TV shows at your fingertips*, you'll be able to watch almost anything and read the book it was based on.

SAVE $25 OFF KOBO ARC
BETWEEN APRIL 4TH & APRIL 21ST

koboarc
kobo.com/koboarc

Available at

Indigo | Chapters | Coles | indigo.ca | BEST BUY | FUTURE SHOP | STAPLES that was easy.™

*2012 Twentieth Century Fox Film Corporation. All Rights reserved. Life of Pi is available on CinemaNow.

Easing the stress of moving.

Moving day is near; stress levels are up. You're surrounded by boxes, you're running out of packing tape, and your list of tasks seems to be getting longer. Plus, you still have to make dinner. But as you slice, stir and season, you can't shake that nagging feeling that you've missed something: Have I confirmed the movers? Have I set up the new hydro account? Have I booked time off work? And then there's the mail. Have I notified everyone I need to about my change of address?

Plus, with identity theft on the rise, the Change of Address service helps keep your personal information safe by making sure it stays in your hands.

Also, if you schedule your address change 30 days in advance, you will have a chance to win $1,500*. So take the headache out of moving with Canada Post's Change of Address service. It's easy, it's safe – and it gives you a chance to win $1,500.

Research consistently shows that moving is one of the most stressful of life events.

Stress feeds not just on the act of moving, but on all those annoying tasks that need to get done before the big day. So it's no wonder that movers flock to services that can lessen their load – like the Change of Address service offered by Canada Post. With the Change of Address service, Canada Post forwards all your mail to your new address. You can sign up online, and you can schedule when your service will take effect. One reason movers like this service: peace of mind. You don't have to worry about whether you've notified all the necessary companies, government agencies, friends and family about your new address before you move. You can take your time and do it when it's more convenient. Meanwhile, you'll still receive the mail that's been sent to your old address.

When you're moving,

make this your first move.

Schedule your change of address online.

Doing it early can really pay off.

You could win **$1,500**

Changing your address early not only gets it off your moving 'to-do' list, but you can rest assured your mail will be forwarded to your new address starting on the date of your move. And when you schedule your new address online at least 30 days before you move, you'll be entered for a chance to win $1,500*.

Change your address early.
Visit canadapost.ca/makeyourmove

CANADA POST / POSTES CANADA

***No purchase necessary.** Contest runs from 12:00:00 a.m. Eastern Daylight Time ("EDT") on April 8, 2013 and ends on 11:59:59 p.m. EDT October 31, 2013. Contest is open to individuals who reside in Canada, are over the age of majority in their province or territory of residence, are not employees of Canada Post or Promotion Solutions, and who purchase Canada Post's residential permanent change of address service at least 30 days in advance of their move date. One prize with a value of $1,500.00 (CDN) is available to be won in each of seven prize periods (approx. 30-day period) during the contest. Odds of being selected depend on the total number of eligible entries received. Selected entrants must answer a mathematical skill-testing question and sign a release. Full contest rules are available at **canadapost.ca/makeyourmove.**

From barely meeting payroll to international acclaim

A still from the documentary Unclaimed, playing at this year's Hot Docs festival, which runs April 25 - May 5. Visit hotdocs.ca for a full list of screenings. HANDOUT

Hot Docs. Executive director puts festival's success on 'renaissance' in documentary making

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

The first time Chris McDonald walked into the Hot Docs offices, there were no phones, furniture or even people.

"I literally walked into an empty office," he recalls. "We definitely had trouble meeting payroll the first couple months."

McDonald was Hot Docs' first full-time employee, and in the 15 years since, he has helped usher the film festival, which celebrates its 20th year next week, into its current incarnation as North America's largest documentary fest with a staff of 35 people.

This year, Hot Docs will screen over 200 films, a number whittled down from over 3,000 entries.

At the time, though, the decision to join Hot Docs' team was a "roll of the dice."

McDonald previously worked at the Canadian Film Centre located on the E.P. Taylor estate that included a swimming pool and tennis courts.

He admits that the early years with Hot Docs were pretty hardscrabble. "But I was amazed with how many people were keen to roll up their sleeves and help us out."

Today the fest enjoys an international reputation that draws some of the most respected names in documentary filmmaking.

McDonald, now the fest's executive director, has fond memories of meeting directors like Werner Herzog and Errol Morris.

"We didn't have a large budget so I used to entertain in my home," he says.

Despite the tough slog early on as the fest transitioned from industry gathering with a tight national focus to public extravaganza with an international scope, McDonald says he knew hitching his wagon to Hot Docs' star was the right decision when he realized how much fun he was having during his first year on staff.

And while he's willing to take a modicum of credit, he pins the bulk of the fest's success on an "international renaissance" in documentary filmmaking.

"I didn't know that it was going to take off like it did. I was definitely in the right place at the right time."

Hand-picked

Here are three of Chris McDonald's picks from this year's fest:

- **The Manor.** Chronicling the damage done to one family by two decades in the strip-club business. "A Canadian film that went through our Shaw Media-Hot Docs Fund program."
- **Unclaimed.** A Vietnam War vet's journey to repatriate an American soldier long thought dead. "I think it's going to have a big splash here and internationally."
- **Anita: Speaking Truth to Power.** "It's a biopic about (Anita Hill's) life before, during and after the Clarence Thomas Supreme Court hearings."

LAST CHANCE TO SIGN UP!

"This unique run experience is an annual spring classic I won't miss, the energy at the start line is palpable. Yonge Street seems to come alive with over 15,000 feet trampling southwards in unison..." - Peter D.

TORONTO YONGE STREET 10k
Sunday, April 21, 2013
toronto10k.ca

2013 Featured Charities
Aspergers Society of Ontario
Canadian Cancer Society / Société canadienne du cancer
Kids up front

PRESENTED BY: SUBWAY
Running Room Ltd. OFFICIAL TRAINING CLINIC
Canada Running Series / Circuit du Canada

Meet Morgan Freeman, the superfan

New movie. The iconic actor only needed to hear that Tom Cruise was starring in Oblivion to make him want to take part

TODD GILCHRIST
Metro World News

Tom Cruise, left, and Morgan Freeman face off in Oblivion. UNIVERSAL PICTURES/THE ASSOCIATED PRESS

In Oblivion, Morgan Freeman plays Beech, the leader of a group of guerrilla soldiers fighting against Tom Cruise and his scientist-soldier companions for the fate of a post-apocalyptic Earth. But keeping in line with his previous roles as the leader of the free world and even God himself, Freeman's own hopes for what our future would look like are pretty peaceful and pastoral.

"We would all live in trees," the actor explains. "We would walk wherever we went. The planet would be rejuvenated. We wouldn't be killing off all the animals just to feed us."

Oblivion marks the first time that Freeman has worked with Cruise, and in spite of being the sort of actor others clamour to share the screen with, he admits that he was swayed by the possibility of their collaboration.

"If I was going to be a truck driver hauling supplies (for this film), I would have taken the job," Freeman says. "I'm one of his huge fans — I have been one for I don't know how many years."

He admits that the role of Beech was initially less substantial in the script, but the prospect of working on something with such an enormous scale — and with an enormous star — proved too irresistible to pass up.

"If you compare the script to the movie, they don't compare," he admits. "But I was excited by the script (and) the movie is so much more than what you read on the page. But it's a big science-fiction film with Tom Cruise. It's hard to go wrong."

At 75, Freeman has tackled virtually any challenge an actor might face. But he insists that the ever-changing nature of his work is what helps him maintain enthusiasm for his profession, his art.

"I enjoy it every single day," Freeman insists. "I was born to do this. It's not like I have to get up every morning Monday through Friday and go to a job. A movie begins and it ends in a relatively short period of time, so in a given period of time — let's say a year — you can have three, four or five different experiences, which is kind of exciting."

That variety of experiences had made him not just a star, but an icon — and a beloved public figure. But Freeman says he's come to terms with the responsibilities of celebrity-hood, even if his priority remains the work itself.

"One of my movie heroes, Humphrey Bogart, was asked a question about pictures, autographs and the public," Freeman remembers. "Bogart said, 'I don't owe the public anything but a good performance,' and I tried to take that to heart, but not quite so. You can't quite get away from it.

"I don't do autographs," he explains. "They are a waste of time. But touching someone's hand, hugging a beautiful lady? All of that works out very well. So I think I owe the public a little bit more than just a good performance. I owe them just a little bit of my time — if I'm cornered."

The Cruise effect

"The movie is so much more than what you read on the page. But it's a big science-fiction film with Tom Cruise. It's hard to go wrong"

Morgan Freeman
Talking about working with Tom Cruise.

Zachary Quinto trying to do some 'tangible' good

Charity work. When he's not saving the Earth from aliens, he's trying to save us from ourselves

Zachary Quinto might be headed into other worldly places this summer in the much-anticipated film Star Trek Into Darkness, but he says a social issue that's near and dear to him is taking care of the Earth.

He always remembers to turn off the water when he is brushing his teeth and also when he is shaving. He also unplugs all of his chargers when they are not in use.

Zachary Quinto. CHRIS PIZZELLO/THE ASSOCIATED PRESS

It's the little things that are going to add up, he said in a phone interview recently.

Quinto is serving with Alanis Morissette as Kiehl's Earth Day ambassador in the beauty brand's fifth year working with Recycle Across America.

The effort aims to standardize recycling labels and collect empty grooming-product jars, and Quinto designed a limited-edition label for facial cream that serves as a fundraiser.

"I felt inspired by this organization. It's trying to make a tangible difference. Sometimes part of the challenge of getting involved in a cause is when it's abstract," Quinto said.

Not that charities and causes aren't asking. Quinto, also a star of TV's Heroes, said he can feel his celebrity on the rise in the number of requests he's getting to use his name and attend events.

For him, though, the connection has to make sense, he said, ticking off elder care, animal welfare and Hurricane Sandy recovery as other issues that he supports.

"I try to be judicious and I don't want to be ubiquitous," he said.

THE ASSOCIATED PRESS

Find artful tea blends you love, and some you've not yet imagined.

When you can chance on bliss in a grocery store, anything becomes possible.

Steep yourself in knowledge at tazo.com

©2013 Tazo. All rights reserved.

When you wish upon a star dreams come true

Winning. Rogers, Cityline and Breakfast Television team up with Disney and WestJet in the biggest contest of its kind

VAWN HIMMELSBACH
Metro World News

There's winning a trip — and then there's winning a trip with your family to Disney, being treated like a VIP from the moment you set foot in the airport and having a chance to win prizes that money can't buy while hanging out with on-air personalities on live television.

It's the biggest contest of its kind offered by Rogers Media, Cityline and Breakfast Television in partnership with Disney Parks and WestJet Vacations. City gave away a total of 32 vacation packages, including return airfare to Orlando, accommodations at Disney's Magic Kingdom, a $600 US Disney gift card and theme park passes.

The winners will be taking over Disney World in Florida on Apr. 22 and 23 — and viewers will get a chance to share the excitement and even win a trip.

But what makes this contest different is that winners will be given an opportunity to compete, on air, for prizes that money can't buy, said Kevin Forget, producer of Breakfast Television Toronto, adding that you have to watch the shows for details on the prizes.

The party will start from the time they check in at the airport, where they'll receive "teal" carpet treatment from WestJet, said Jordan Schwartz, vice-president of in-house productions with Rogers Media. They'll also get to experience the park before it opens to the general public, spend time with on-air personalities from across Canada and take part in live broadcasts. And, for viewers, there will be plenty of entertainment from Canadian TV hosts and guest experts.

Dreams could still come true for viewers at home, who have a chance to win a prize pack from Disney and WestJet during the live broadcasts.

Quoted

"The added bonus is getting to go with the BT family — our TV is programmed to wake us every morning with Kevin, Dina, Jennifer and Frank. We have been daily viewers for too many years to count."

Annie Hologroski, Toronto
On getting to go to Disney with her family

Tracy Moore and Brian Gluckstein finding some magic in the Disney Kingdom. HANDOUT

Broadcast details

Cityline will air from the Magic Kingdom on April 23 at 9 a.m. ET on City

- **Dates.** Breakfast Television Toronto will broadcast two shows from the Magic Kingdom on April 22 and 23 from 5:30 to 9 a.m. ET on City
- **Broadcasts.** Breakfast Television in Vancouver, Calgary, Edmonton and Winnipeg will air live segments throughout their regular broadcasts on April 22 and 23 on City

Online extras

Behind the Disney curtain

ELISHA DACEY
Metro Winnipeg

When I told my five-year-old she was going to Disney World, there was stunned silence. Then a gasp. Then a party broke out in our kitchen.

Thanks to the kind folks at City, WestJet and Disney, myself, my husband, Andy, and my Bean are going to Disney World in Orlando for five days next week as part of the City in Disney event. I plan to write about some Disney tips and tricks — stories you'll only be able to find on the Metronews.ca website. It will include exclusive behind-the-scenes looks at what it takes to put a TV show together in Disney.

Elisha Dacey is the managing editor of Metro Winnipeg. Follow her on twitter @elishadacey.

LUMINATO FESTIVAL

June 14-23
Tickets on sale April 20 at noon

For tickets, call 416-368-4tix or visit luminatofestival.com

PARTNERS IN CREATIVITY
L'ORÉAL

Photo: Joni Mitchell, Reprinted with permission of The Jack Robinson Archive, LLC

Joni: A Portrait in Song– A Birthday Happening Live at Massey Hall

An all-star musical tribute to Joni Mitchell

With performances by: Bill Frisell, Glen Hansard, Chaka Khan, Rufus Wainwright and more...

June 18–19, Massey Hall

Presenting Partner: Sun Life Financial

Photo: Lucie Jansch

The Life and Death of Marina Abramovic

Robert Wilson, Marina Abramovic, Antony, Willem Dafoe

June 14–17, Bluma Appel Theatre

Major Media Partner: THE GLOBE AND MAIL

Photo: Elaine Mayes

L'Allegro, il Penseroso ed il Moderato

Mark Morris Dance Group

Featuring the Tafelmusik Baroque Orchestra and Chamber Choir, Jeanne Lamon, Music Director. Jane Glover, Conductor

June 21–23, Sony Centre for the Performing Arts

Presenting Partner: TELUS

Major Media Partner: TORONTO STAR thestar.com

Visit luminatofestival.com for full Festival details

Ontario Canada

KIA TELUS Reader's Choice Mamilife Financial Toronto Sun Life Financial TORONTO STAR joseph THE GLOBE AND MAIL

GOT A LEAKY ROOF?
NEED HELP WITH A MORTGAGE PAYMENT?

HERE'S YOUR CHANCE TO
WIN $2,000
YOU CAN USE TOWARDS YOUR HOME

RE/MAX
RE/MAX ULTIMATE REALTY INC., BROKERAGE
EACH OFFICE INDEPENDENTLY OWNED AND OPERATED
Not intended to solicit Purchasers under Purchaser/Agency agreement of properties currently listed for sale

VISIT CLUBMETRO.COM TO ENTER

To register and for full contest details visit clubmetro.com

Omar Ibrahim
Sales Representative
416 487 5131
www.listwithomar.com

"Buy with me and your first mortgage payment is on me!"

EBIKE UNIVERSE
THE ULTIMATE EBIKE STORE

Ebike Universe North
134 Oakdale Rd.
Toronto, ON, M3N 1V9
Tel: (416) 749-2324

Ebike Universe Etobicoke
35 Stoffel Drive, Unit B
Etobicoke, ON M9W 6A8
Tel: 416-240-1384

ORDER 24/7 AT: EBIKEUNIVERSE.COM

FREE DELIVERY

FREE HELMET
CALL FOR DETAILS

Vermont 24V
$899*

Vermont 36V
$1999*

GO GREEN
NO LICENSE,
NO INSURANCE REQUIRED

Vermont 24V Features:
250W MOTOR, LINEAR PULL BRAKE, LITHIUM BATTERY, AND AN ADVANCED MOTOR WITH DAYMAK DRIVE

Vermont 36V Features:
500W MOTOR, LED LIGHTS, ADJUSTABLE SHOCKS, TEKTRO BRAKES, SHIMANO GEARS, QUICK RELEASE

*Taxes, PDI ($139 Includes 2 Year Warranty) Are Extra.

Miley Cyrus and Liam Hemsworth. PHOTOS: GETTY IMAGES

Billy Ray Cyrus hints Miley's engagement may end in achy, breaky hearts

If how Billy Ray Cyrus went about writing his new memoir, Hillbilly Heart, is any indication, he's not that optimistic that daughter Miley Cyrus and her fiancé, Liam Hemsworth, will make it to the altar.

"I know as I was writing the book I wanted to keep that particular moment as open-ended as possible. I didn't know the answer," Billy Ray tells ABC News.

"They're young, they're kids. The great news is, they're great friends. They're really, really good friends."

As for their chances of seeing their wedding reception? "I don't know, I really don't," he says.

"I play it by ear and I know whatever is meant to be, that's the way it's going to happen."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rihanna's Diamonds tour losing its shine

THE WORD
Dorothy Robinson
scene@metronews.ca

What is going on with Rihanna?

Rihanna's Diamonds World Tour, which kicked off March 8th, isn't going off exactly as planned.

The singer has already cancelled three concerts — Baltimore and Boston last month and Houston on Monday. Her promoter Live Nation confirmed only that the cancellations were "as a result of illness" but did not say what was wrong with the star. When she cancelled the Boston show, she tweeted fans that morning, saying: "(Boston) this is the hardest thing for me to deal with! I feel like we've been waiting on this day forever, and I'm hurt that I let you down. … I hate disappointing people that never ever let me down!! I'm so embarrassed about this! Thank you for your prayers and well wishes!"

Her camp is claiming "laryngitis" but the tabloid press is claiming "pregnant." TMZ.com spotted the singer, covered up in a baseball cap and sucking on a lollipop, leaving a medical building on Tuesday. If you checked out the singer's Instagram, you will see she is a connoisseur of the green stuff. So maybe if she laid off the pot? Perhaps that would help this whole "laryngitis" issue. I know it would definitely help this possible "pregnancy" situation.

Macaulay Culkin

Paparazzi leave Culkin a sulkin'

Macaulay Culkin isn't having that great of a stay in London, if his run-ins with the paparazzi are any indication.

The former child star first seemed perturbed by the photographers' presence while checking into his hotel, the Budget Ibis. Tensions boiled over while Culkin was leaving nightclub the Haunt after joining pal Adam Green on stage, according to E! News.

Culkin reportedly launched himself at a paparazzo and began attacking him, telling him to go to hell.

It's unclear what set the actor off.

Twitter

@ABFoundation
I am pretty bad at yoga.

@mindykaling
Back when I resided in the United States I lived in a little Spanish casita w/a fountain. Wonder if the new inhabitants enjoy the gurgle

@justinbieber
Up watching funny YouTube vids. What r some good ones?

SATURDAY, APRIL 20 & SUNDAY, APRIL 21

GET BOTH FREE

SHOPPERS DRUG MART® CARD

+

TIM HORTONS® TIM CARD®

WHEN YOU SPEND $75 OR MORE ON ALMOST ANYTHING AT SHOPPERS DRUG MART*

Visit shoppersdrugmart.ca or the store nearest you for details. *Some conditions may apply. Offer valid April 20 & April 21, 2013 only. Shoppers Drug Mart card is valid until May 12, 2013.

THE DOUBLE DOUBLE EVENT

SHOPPERS DRUG MART

Jeans are the easiest thing to wear during spring's rainy season of transitional weather. We take styling tips from seven stylish everyday women spotted around the world.

KENYA HUNT
Metro World News

5 new ways to wear denim

The idea: Day-to-night means dressing down

Styling tip: Speaking of contrast, check out how Rajni Jacques's polished tailoring neatens up the New Yorker's otherwise badass grunge look, showing a new side of day-to-night dressing. Because sometimes, the after-work socializing happens in a dive bar and not a swanky gallery opening.

BOUTIQUE BOYFRIEND BLAZER
$300, TOPSHOP.COM

The idea: Bring those old school high tops back

Styling tip: Lately, when we see a pair of sneakers in a fashion story, it's the neon Nike Free or primary coloured New Balance. But the classic high top (and we're not talking about those trendy Isabel Marant wedge ones) has been overlooked. Londoner Bryona Hayne's sporty look makes a good case for fixing that.

NIKE SNEAKERS
$112, NIKE.COM

The idea: Give the girly girl an edge

Styling tip: Pink, the most saccharine of colours, suddenly gets major bite when paired with boyfriend jeans and a fisherman's sweater. And let us draw your eye to the navy blue nails on Irina Lackicevic from London. Sensing a theme here?

SOPHIA WEBSTER
SLINGBACKS
$395,
NETAPORTER.COM

SOPHIE HULME
TRENCH WITH LEATHER SLEEVES
$805, STYLEBOP.COM

The idea: Take the wide legs out of the '70s

Styling tip: Steer clear of going too literal and disco-y by balancing the retroness of the jeans with a contemporary silhouette on top. Pay close attention to the length of Brit Kimberly Carroll's jeans. You don't want them dragging on the ground.

The idea: Put the ripped bits up top

Styling tip: We expect to see rips and tears on the legs (preferably just above or below the knee.) Give an element of surprise by wearing the distressed bits up top, pairing a ripped knit with a pristine pair of dark blue jeans the way Anouki Areshidze in Milan does here.

LNA
SLASHED SWEATER
$145, LNACLOTHING.COM

new

SALON GENIUS. BRILLIANTLY PRICED.

VIDAL SASSOON
PRO SERIES
PERFECTED BY EXPERTS™

© 2013 P&G

Available at Walmart

The Kit

Canadian street style

Spotted in: Ottawa

Erika
Student
Age: 22

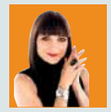
What she's wearing
Gifted scarf, Costa Blanca coat, Trust Fund jeans, Coach bag, Old Navy booties.

Her inspiration
"Ottawa inspires my style! I study entrepreneurship and I am inspired by small businesses. And I also love thrifting!"

THE KIT PHOTOBLOGGER: KATARINA KURUC, LOVEK.ORG

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

With @Viktor_and_Rolf @TheHudsonsBayCo Check out my V+R bag! A custom Gina Alexander creation, circa 2000.

With the talented @Derrick4Draf Derrick Rutledge, Oprah's make-up artist. Just did an inspiring intvw for @theloopca

Meeting the coolest people @AdditionElle today! Here's @haileyisgunnin #pinkforthewin She's on @MTVCreeps

Trends Report

- **Form-flattering peplum can look great on any figure, and it's been showing up everywhere from catwalks to red carpets this season.** Head online to Trends Report for tips on how to style this fashion trend: metronews.ca/voices/trends-report

@MetroIreneK

Heat up your next dinner party with easy Thai Pork Skewers

Ingredients

- 1 pork tenderloin, trimmed (about 1 lb/450 g)

Marinade
- 2 tbsp packed brown sugar
- 2 tbsp chopped fresh cilantro or parsley
- 2 tbsp lime juice
- 2 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 1 tbsp sodium-reduced soy sauce
- 1 tsp Thai red curry paste

Peanut sauce
- 1/3 cup natural peanut butter
- 1/3 cup coconut milk
- 2 tbsp lime juice
- 1 tbsp sodium-reduced soy sauce
- 1 tsp packed brown sugar
- 1/2 tsp hot pepper sauce

"This curry-scented marinade uses only a bit of Thai red curry paste, but an opened jar will keep in the fridge for up to one year," write the editors of Canadian Living in The Appetizer Collection. "Try the luscious peanut sauce on grilled chicken as well."

1. Peanut sauce: In food processor, blend together peanut butter, coconut milk, lime juice, soy sauce, brown sugar and hot pepper sauce until smooth. Pour into bowl; cover and set aside. Cut pork into 26 8-by-1-by-5mm strips.

2. Marinade: In large bowl, whisk together brown sugar, cilantro, lime juice, garlic, ginger, soy sauce and curry paste; add pork, tossing to coat. Cover and refrigerate for 4 hours. (Make-ahead: Refrigerate peanut sauce and pork separately for up to 24 hours. Bring sauce to room temperature, thinning with water, if desired.)

This recipe makes 26 pieces. RYAN SZULC/CONTRIBUTED

3. Thread pork onto small metal or soaked wooden skewers; place on broiler pan or foil-lined rimmed baking sheet. Broil, 15 cm from heat and turning once, until lightly browned and no longer pink inside, about 6 minutes. Serve with peanut sauce for dipping.

RECIPE EXCERPTED FROM CANADIAN LIVING THE APPETIZER COLLECTION

Cookbook of the Week

Get the party started with these tasty appetizers

Take the stress out of hosting a party with The Appetizer Collection from the experts in The Canadian Living Test Kitchen.

Chapters include dips and spreads, hot appetizers, savoury pastries, tiny sandwiches, cold appetizers, snack mixes and drinks. To make entertaining easy, helpful tips on party planning are also tucked into each chapter. Meanwhile, handy guides help you figure out how much food to make, how many drinks to provide and efficient ways to prep. METRO

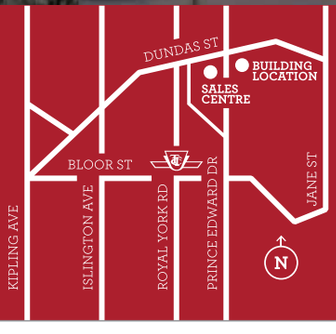
You could win a trip
for two to Egypt with EGYPTAIR!
With EGYPTAIR 4 weekly non-stop flights from Toronto to Cairo
connecting to the Middle East, Far East and Africa
Synergy
club metro .COM
EGYPTAIR
A STAR ALLIANCE MEMBER
Toronto office: Toronto_to@egyptair.com
(416) 960-0009 ext. 21/24
Montreal office: Montreal_to@egyptair.com
(514) 875-9990 ext. 225/226/227
facebook.com/flyegyptair
twitter.com/flyegyptair
*terms & conditions apply.
No purchase necessary. Contest open to residents of the Greater Toronto area, excluding Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. One (1) Grand Prizes are available to be won, consisting of return airfare for two from Pearson International Airport to Cairo International Airport (approximate retail value of $5000 CDN). Skill testing question required. Contest closes April 28th 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com

OWN IN THE KINGSWAY FOR JUST $999/MO.*

*NO BICHON FRISÉ REQUIRED.**

It's okay if you don't own a prize-winning pooch. Because when you buy at The Epicurean, you can live in the prestigious Kingsway community for only $999† a month. Close to public transit and the best restaurants, The Epicurean is exactly where you want to be. Come to the Sales Centre to see how you can live here without having to hire a personal dog groomer. **Offer ends soon.

THE EPICUREAN
CONDOS AT PRINCE EDWARD



SALES CENTRE
4195 DUNDAS ST. W. (Entrance on Prince Edward Dr.)

Mon to Thurs: 12pm to 6pm
Fri: Closed
Weekends & Holidays: 12pm to 5pm

MONARCHGROUP.NET 416.495.3530

Monarch

Award Of Excellence
TARION
2013
Finalist
High-Rise Builder

† Prices, specifications and promotions are subject to change without notice. Renderings are artists' concept and images are for mood and impressions only. E.&O.E. The above information is calculated on the purchase of a Studio Unit and is based on a Mortgage with an interest rate of 2.79%, having a 3-year closed term and an amortization period of 25 years with no additional fees. The rates are for informational purposes only and are not intended to provide financial, legal, accounting or tax advice and should not be relied upon in that regard. Offers, rates, fees and information may be changed, withdrawn or extended at any time without notice. Some conditions apply. Rates are applicable to residential mortgages only and will be subject to a Schedule I Bank's lending criteria for residential properties.

Classic townhomes in Forest Hill

The Churchill Collection townhomes are located right on the streetcar line of St. Clair West. SUBMITTED

Meet the condo

- **What.** Churchill Collection
- **Builder.** National Homes
- **Location.** 288 St. Clair Avenue West
- **Website.** nationalhomes.com
- **Sizes.** From 2,000 to 2,369 sq. ft.
- **Pricing.** From $1,399,990 to $1,700,000

The project overview

Live the extraordinary life in Forest Hill. National Homes is announcing the release of new, three-storey townhome designs as part of the exclusive Churchill Collection. A modern take on the classic townhome, the designs feature private rooftop terraces or a private backyard.

Location and transit

The Churchill Collection is located at Spadina and St. Clair Avenue West, in one of Toronto's most upscale neighbourhoods. Right on the St. Clair streetcar line, and close to St. Clair subway station, you can be in the downtown core in 20 minutes.

In the neighbourhood

Located across from Winston Churchill Park, and close to a number of prominent public and private schools. All one's shopping needs can be found along St. Clair, including the shops in the Village.

Building amenities

Featuring classic stone and brick exteriors with impressive solid mahogany front door and English garden courtyard. Two-car underground parking with storage area. A gas fireplace with sophisticated wood mantle and stone surround and a stainless steel appliance package.

Five-year mortgage rates

FIXED		VARIABLE
3.09%	BMO	3.10%
5.14%	CIBC	3.20%
3.49%	HSBC	3.00%
3.44%	ICICI	3.00%
3.08%	ING	3.00%
3.29%	RBC	3.20%
4.99%	SCOTIA	3.10%
5.14%	TD	3.20%
3.39%	NATIONAL	3.20%
2.67%	BROKER	2.50%

RATES MAY VARY BY PROVINCE. RATESUPERMARKET.CA FOR THE BEST RATES IN YOUR AREA.

Let's get influential

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

As the voice of the land development, home building and professional renovation industry, I believe it's our Association's job to lend our expertise to key decision makers and influencers in the GTA and beyond. This is why I have made it a priority to meet with politicians, chief economists and media partners to help shed some light on the complexities of our industry.

Over the last six months, I have had the pleasure of educating some highly influential people about some of the challenges and opportunities surrounding our industry, similar to the way I do in this column. It is important that they understand the impact of their decisions on our members' abilities to build healthy, complete communities for the growing number of people — up to 100,000 — that choose to call the GTA home every year.

To accommodate the growth projected for the region over the next two decades, our industry is tasked with building approximately 40,000 new homes every year.

In recent years, the GTA has experienced a shift in housing type toward higher-density housing. This is a direct result of provincial public policy known as Places to Grow, which placed a greater emphasis on intensification. However, many municipalities have outdated zoning bylaws that don't conform to Places to Grow and don't include intensification targets.

This results in further delays as rezoning is required before construction can begin on the high-rise projects our industry has been tasked to build. We are currently spending up to three years in the approval process and then another five years in construction before homeowners can move in.

These delays, combined with constrained land supply and stricter mortgage lending rules introduced last summer have significantly reduced affordability and choice for new home purchasers. Those most affected are first-time buyers who are already challenged with saving up for a down payment so they can enter the market.

I always say that we must all work together to create well-designed, well-planned, complete communities and I believe that by meeting with key influencers, we can align our goals through mutual understanding.

What's hot on the condo market

DUNCAN MCALLISTER

1. Canary District

Special Offer: Canary District condos, $2,015 Pan Am Games down payment promotion. Presentation centre at 9 Mill St.

CONTACT: CALL 416-603-7576 OR VISIT CANARYDISTRICT.COM

2. High Park

Preview Event: The High Park condos. 2124 Bloor St. W., April 20 from 12 to 5 p.m.

CONTACT: TO REGISTER CALL 416-670-3699 OR VISIT THEHIGHPARK.COM

3. Etobicoke

Sales Event: Lago condos on the Etobicoke waterfront. Three floor plans. Sales centre at 2167 Lake Shore Blvd. W.

CONTACT: CALL 416-495-3544 OR VISIT MONARCHGROUP.NET

4. King West

Open House: Two-bedroom condo suite at Sixty Loft, 64 Niagara St. W., April 20-21 from 2 to 4 p.m.

CONTACT: CALL 416-465-7850

Could your dishwasher be doing a better job?

Cleaning. Some simple tips for running a more efficient appliance

Your dishwasher, sink drain and garbage disposal do the major dirty work in your kitchen, and you can keep them running efficiently with a few easy steps.

If there are spots or stuck-on grime on the dishes when they come out of the washer, or if the sink has an unpleasant odour even after you clean it and run the disposal, it means these hard-working appliances may need extra attention.

"Dishwashers and drains battle kitchen waste and activity daily, which can take a toll on the appearance and performance if not cleaned correctly," said Chris Salatino with Kenmore Major Appliances.

Electric dishwashers have a filtration system that requires regular cleaning, especially if you don't scrape or pre-rinse dishes.

"The maintenance on a dishwasher depends on how you treat it," says John DeSilvia, host of DIY Network's "Rescue My Renovation."

If you're not a pre-rinser, he recommends cleaning the filter once a month. Just look at the bottom of your dishwasher, find and remove your filter, then scrub away debris with a soft brush. Rinse and reinstall.

"Don't be scared, it's really easy," says DeSilvia.

If in doubt, check your owner's manual on how to find and remove the filter. Can't find the instructions? Log on to your manufacturer's website. Online tutorials at sites such as DIYNetwork.com and YouTube.com can also help you through the process.

The interior of your dishwasher may also appear filmy at times. To get rid of that build-up, Salatino advises waiting until the washer has finished a cycle and cooled. Then make a paste with powdered detergent or use liquid detergent on a damp sponge to wipe away mineral deposits. Follow up by running a normal cycle.

If you're in a hard water area and wiping with detergent doesn't remove all the film, run a normal cycle with two cups of white vinegar in an upright glass on the lower rack. Salatino advises turning off the "heated dry" option during the cycle.

There also are commercial cleaners marketed especially for mineral buildup in dishwashers.

Consumer Reports recommends replacing worn or rusted dish racks, and using care when loading dishes and silverware so you don't damage spray arms. Inspect the arms to make sure they aren't clogged with debris, which could affect water pressure. Use pipe cleaners to dislodge blockages.

For cleaning the outside of your dishwasher, Salatino says all you need is a soft, damp cloth or sponge and mild detergent. If you've got a stainless steel cover, you'll need a special cleaner. THE ASSOCIATED PRESS

Lucinda Ottusch, with Whirlpool's Institute of Kitchen Science, says one mistake people make is buying cheap detergent. She says the all-in-one packets by name-brand companies really do help your dishwasher perform best. KENMORE

NOW OPEN

Monarch | EVERGREEN

LIMITED NUMBER OF TOWNS STILL AVAILABLE AT MIDLAND & ST. CLAIR.

After a successful grand opening, there are still a limited number of towns available. Spacious 3 and 4 Bedroom townhomes feature a large sundeck that creates added space for relaxed outdoor living and great entertaining. Townhomes from 2,045 to 2,770 sq ft. with oak stairs, air conditioning and much more included. Conveniently located and steps away from the TTC & GO Train. **Starting from the high $400,000's.**

BONUS:**

Choose 2 of the following bonus packages:

- Hardwood on Main Floor
- Set of Oak Stairs
- 5 Appliances Package
- 3 Years paid Common Element Fees
- $5,000 Design Studio Dollars

SALES OFFICE (EQ1)
70 Town Centre Ct. Unit 4, Level 1
Scarborough, ON M1P 0B2
Mon – Thurs: 1pm – 8pm, Fridays 12 – 5pm
Weekends & Holidays: 11am – 6pm
416.495.3574

facebook/monarchcorp twitter @monarch_group

MONARCHGROUP.NET

Prices, specifications and promotions are subject to change without notice. Renderings are artist's concept and images are for mood and impression only. *Oak stairs from ground level to main level only. **For marketing bonus please see sales representative for more details. E.&O.E. April 2013. 21086.

Monarch

It's all good, you've got a warranty

New condos. Tarion covers all new buyers in Ontario with coverage over seven years

CONDO TRENDS
Duncan McAllister
life@metronews.ca

So you've just moved into your brand new condo. After a few months, you realize you have a nasty problem with your plumbing. Who are you going to call?

All new condo buyers in Ontario are protected by the Tarion new home warranty. Condos have a limited warranty coverage of up to $300,000 over a seven year term, which is provided by the builder and backed by Tarion.

There is also separate coverage of up to $2.5 million for the common elements of the condominium.

Tarion is the regulator of Ontario's new home building industry. It's a not-for-profit corporation created back in the 1970s by the construction industry with the intent to regulate new home builders and to administer the warranty plan.

"We are not an insurance company," explains Karen Mortfield, Tarion's VP of stakeholder relations. "What we do is backstop the builders."

Most things are covered under the early years of a warranty, especially the first year, says Mortfield, and if a homeowner or condo board has an issue with the way things are playing out in terms of warrantable defects being looked after by the builder, then Tarion steps in.

"We have put together documents that are of such huge value to consumers and are readily available on our website under something called the Construction Performance Guidelines (CPG). It has everything you could ever want to know about what's covered by the warranty and what has to happen before it is," says Mortfield.

Tarion has put considerable effort into their new web presence called MyHome that offers homebuyers a wealth of information and services.

"We cannot recommend strongly enough that new homebuyers need to sign up to MyHome because what it does for them is track all their Tarion warranties, materials and interactions.

"It will send homeowners reminders when various timelines are due. We've moved into social media, so we have a Facebook presence, we have training videos available on YouTube," says Mortfield.

Every year, Tarion presents their coveted Award of Excellence to a few select builders, based on the results of a massive customer satisfaction survey.

"We send surveys out to all new home buyers in the first year, so you're looking at 50,000 surveys," says Mortfield.

"It's intended to tell us who provides the best customer service. We ask people, 'How were you treated after the deal closed? Did you get your concerns addressed and what was that experience like for you?' And that's what forms the basis for these awards.

"On April 23 we name the winners of this research, so they are customer-chosen builders."

You can access Tarion's website at tarion.com and on Facebook at facebook.com/tarionwarrantycorp.

Tarion is a not-for-profit corporation that helps regulate new home builders and administer the warranty plan. ISTOCK IMAGES

Legal matters

Out of country, out of pocket

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

I have a property that I purchased many years ago and subsequently I have moved to the States for work.

The likelihood of me returning to Canada is slim so I am now considering selling the condo and moving on.

My realtor has indicated that there may be some withholding taxes on closing. Can you clarify this for me?

Your realtor is correct. Revenue Canada wants to make sure that they capture any capital gains tax that you owe on the disposal of the property.

If you lived in the condo while you were in Canada, then it was your principal residence and any increase in the value is not taxable.

However, as soon as you became a non-resident for income tax purposes, the property became a capital asset and any increase in the value of the property from that day forward is taxed as a capital gain.

On closing, your lawyer will be required to withhold 25 per cent of the proceeds while you file for a s.116 clearance certificate.

This can take several months. Once you have obtained that certificate you are then allowed to receive the final amount, as long as the appropriate amount of capital gains tax has been remitted.

One way or the other, the tax man always gets his money.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website at cowanlaw.ca

Our Province Our Future
Cleaner Ontario
saveONenergy℠
peaksaver PLUS®
Get more screen time
$024
$039
See it! Save it!
This spring, get a FREE Energy Display when you sign up for peaksaver PLUS®
For customers with central air conditioning, an electric water heater and/or a swimming pool pump.
torontohydro.com/peaksaver
or call 1.877.797.9473
Subject to additional terms and conditions found at torontohydro.com/peaksaver. Funded by the Ontario Power Authority and offered by Toronto Hydro. ℠Official Mark of the Ontario Power Authority. Used under licence. A mark of the Province of Ontario protected under Canadian trade-mark law. Used under sublicence. The star design is a trade-mark of Toronto Hydro Corporation. Used under licence. 'Toronto Hydro' means Toronto Hydro-Electric System Limited. peaksaver PLUS is a registered trade-mark of Toronto Hydro Corporation. Used under licence.
TORONTO HYDRO

COMING THIS SPRING TO AURORA
DANIELS' NEWEST FULLY-BUILT COMMUNITY

LEWIS HONEY
TOWNS & SEMIS IN AURORA

FREEHOLD SEMI-DETACHED HOMES

CONDOMINIUM TOWNHOMES

FULLY-BUILT CONDO TOWNS
& FREEHOLD SEMIS
FROM $389,900

BUY WITH 5% DOWN
30, 60 & 90 DAY MOVE-INS!
TOUR A MODEL OF EVERY HOME DESIGN BEFORE YOU BUY!
ALREADY UNDER CONSTRUCTION

THE DANIELS CORPORATION'S NEWEST BUILD-IT-FIRST COMMUNITY IS COMING THIS SPRING TO AURORA

· Three Bedroom Condominium Townhomes
· Three and Four Bedroom Freehold Semi-Detached Homes
· Located at the southeast corner of St. John's Sideroad and Bayview Avenue
· Close to retail, restaurants, parks, schools and highways 404 & 407 ETR

DISCOVER YOUR HOME SWEET HOME TODAY!

REGISTER TODAY
FOR OUR PREVIEW EVENT THIS SPRING!

Daniels BUY WITH CONFIDENCE 31 YEARS & BUILDING STRONG

DanielsLewisHoney.com
905.853.4443

Daniels
love where you live™
Official Developer of TIFF Bell Lightbox

Illustrations are artist's concept. Prices, programs and specifications are subject to change without notice. Brokers Protected. E.&O.E. All brand names, logos, images, text and graphics are copyright of the owners, The Daniels Corporation, and reproduction in any form, without prior written permission, is strictly prohibited.

Fashion tastemakers bring their sense of design to the home

Style and substance. Your wardrobe can inform the way you decorate your house — with accents and accessories

Designer Kelly Wearstler's closet is a shoe-in when it comes to tidy, attractive organization. THE ASSOCIATED PRESS/HL GROUP

Does your outfit blend into the woodwork?

We're not talking in a boring, bland way, but in a complementary one. Perhaps your wardrobe is a reflection of your broader taste, and there's no place better to see that than in the way you decorate your home.

If you're true to your style from your clothing closet to the linen closet — and then the kitchen cabinets — you're probably not the type to bounce from trend to trend, style experts say. Instead, you probably have a strong point of view that evolves and is enhanced over time.

The home gives a picture window into your personal style because you live with it a lot longer and that tends to show off what you truly value, says jewelry designer Cathy Waterman. It's not glitz and glamour for her, for example; she likes craftsmanship with a dash of drama. Super-fancy sparkly jewels are hardly a part of her everyday routine, she says, but finely-made flatware is.

Here's a glimpse into tastemakers' closet connections:

Terron Schaefer, Saks Fifth Avenue chief creative officer

Terron Schaefer says anyone who knows him would expect the streamlined decor — and very neat closet — in his apartment.

There are many black-and-white photographs in black or stainless steel frames, and even though he is a collector of interesting objects such as Indonesian eating utensils and aerospace propellers, there is little clutter.

Schaefer, who also serves as a buyer on NBC's Fashion Star, admires beautiful shapes, and he wants to give them the chance to be noticed, so he doesn't have too many of anything nor does he switch things out too often,

"All my hangers are lined the same way, and all my shoes have shoe trees. ... I essentially wear a uniform of suits and shirts, and they're so similar that I can get dressed in the dark with confidence," he says.

But there's often the touch that gives Schaefer a conversation piece. For his outfit, it could be a bright pocket square or cool tie. In his dining area, it's the unfussy table — with bicycle wheels as legs.

Nanette Lepore, fashion designer

There is nothing precious about Lepore's home, she says. "I want the same thing from my house as I want for my collection. I like to make live-in clothes. I want to think of my clothes as go-to clothes, not special-occasion-only clothes."

She's a fan of prints and rich colours, and they're an important part of her decor just like her runway. The key are the accessories, whether it's shoes and a handbag, or a throw pillow and new sheets. "I think ... most people want to layer when they get dressed or when they decorate."

The catwalk trick she brings home with her? Good lighting.

Kelly Wearstler, decorator turned designer

"Whenever I work with clients that are uncertain about where or how to start in terms of home decor, I ask them to go into their closet and to describe to me what colour, style and textures they find. We build from there," says Wearstler.

Her own world is filled with mixed messages, and she likes it that way. In clothes, that means raw denim paired with beautiful, shiny jewelry. At home, it's "rough texture and raw art accented with the gleam of polished metals."

THE ASSOCIATED PRESS

Turn your bland backyard into an outdoor oasis

Summer setting.
Decor specialists share a few tips on making the most of your space this season

As winter-weary Canadians welcome the return of warmer weather, many won't have far to travel for the opportunity to revel in the outdoors.

Whether spending time solo or hosting a backyard bash, those with a deck, porch or patio at their disposal are keen to pass the time idling or entertaining in their outdoor space.

Decor specialists highlight a few ways homeowners can update their exteriors.

Colour change

Some tend to gravitate toward the dark side when selecting hues for lounge chairs, chaises and sectional sofas. While brown and black-coloured weaves remain popular, look for an emergence of pieces featuring frames in paler shades.

"Some of the lighter weaves now — the whites, the light greys — it really sort of gives an airier, lighter feel," said Andrew Bockner, principal of Andrew Richard Designs in Toronto.

Fans of a more rustic look may eschew wicker or metal furnishings in favour of wood. Bockner has embraced use of reclaimed teak.

"It can stand the test of time. It stays outside for years and basically it just turns a little grey, which is a beautiful colour for it, anyway."

Updating cushions in weather-resistant materials is another cost-effective method to dress up the backyard, said Heidi Richter, stylist on HGTV's Decked Out and Disaster Decks.

Made in the shade

While some may choose to go light and bright with outdoor furniture, Bockner suggests selecting darker hues for overhead canopies to help mask the dirt and residue from the outdoors.

Larger cantilevered umbrellas also offer the benefit of protection without poles "interrupting your space," Bockner noted.

Injecting some added green with foliage can lend some visual warmth as well as some added privacy. "If you're in a smaller backyard and not worried about the trees so much, vertical planting is something that's really nice," said Richter.

Shine on

There are many ways to keep your outdoor oasis illuminated well past sunset, and there's no need to settle on a sole source to brighten up your surroundings.

Richter said "layering the light" can help add depth and dimension to the space. If you bring in low-voltage LEDs on the stairs to the deck, consider also incorporating candlelight and lanterns, and perhaps some sconces flanking the door.

"It just adds a great ambience," she said. "If you're entertaining ... you can even string up paper lanterns to add a little warmth and fun. "

THE CANADIAN PRESS

Stripes keep it simple in the Grace lounge set. All sets from Andrew Richards Designs. THE CANADIAN PRESS/ANDREW RICHARDS DESIGNS

Get luxurious with Tranquility Beds.
THE CANADIAN PRESS/ANDREW RICHARDS DESIGNS

The Alpine dining set brings palatial simplicity to the backyard. THE CANADIAN PRESS/ANDREW RICHARDS DESIGNS

Keep it understated with the Vintage dining set. THE CANADIAN PRESS/ANDREW RICHARDS DESIGNS

Daniels FirstHome
Hazelton Place
PHASE TWO
COMING THIS SPRING

THIS IS YOUR FINAL OPPORTUNITY TO OWN IN A NEW DANIELS FIRSTHOME™ COMMUNITY IN ERIN MILLS!

FULLY-BUILT CONDOMINIUM TOWNHOMES FROM $199,900

FirstHome™ Hazelton Place goes greener featuring gardening plots built right into the community landscaping.

- A limited collection of one, two and three bedroom condominium townhomes.
- The most desirable location in Erin Mills, at Hazelton Place and Plantation Place, close to the shops and restaurants at Erin Mills Town Centre, parks, schools, Highways 403, 401, 407 ETR and much more.

BUY WITH 5% DOWN! · TOUR A MODEL OF EVERY HOME DESIGN BEFORE YOU BUY! · 30, 60 & 90 DAY MOVE-INS! · ALREADY UNDER CONSTRUCTION!

DON'T WAIT – REGISTER TODAY!

Daniels BUY WITH CONFIDENCE 31 YEARS & BUILDING STRONG

DanielsFirstHome.ca
905-814-0123

Daniels
love where you live™
Official Developer of TIFF Bell Lightbox

Illustrations are artists concepts. Prices, programs and specifications are subject to change without notice. Brokers Protected. E.&O.E. All brand names, logos, images, text and graphics are the copyright of the owners, The Daniels Corporation. Reproduction in any form, without prior written permission of The Daniels Corporation, is strictly prohibited.

Invite the sea into your home

It's not often that I subscribe to a heavily-themed decorating style. And although industrial-chic and hotel-style have faired pretty well as a specific decor theme, it's time to soften up the looks and introduce a summer style, dedicated to water and sand. Sea-side living-inspired-decor themes are popping up everywhere, and from tradition to modern, this nautical theme might just be what jump starts us into summer.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Rope Knot Table Lamp Base, $190

Nautical manila rope is tightly twisted and knotted to create a textured lamp base for a seaside look. potterybarn.com.

Towels $11, Monograms $7

Handwoven in pure cotton, the Herringbone hand towels make a personalized statement when monogrammed. westelm.com.

Bollywood Custom Rug

Hand woven in India from recycled saris, this all-silk rug's colours reminds us of the water and sand. urbanbarn.com.

Yacht Club Cushion, $20

Sail away to France with blue and white accent pillows. simons.ca.

Lauren by Ralph Lauren picture frame, $60

Soft sheen and sea colours from mother of pearl of the sea is trimmed with nickel plated iron. thebay.com.

Sea Urchin Candle, $16

The beauty of the sea urchin surfaces in this detailed candle crafted of natural wax rubbed with white highlights. crateandbarrel.com.

Woven Wicker Drum Lamp Shade, $63

The textured weave of natural wicker adds an instant summertime look to any lamp base. potterybarn.com.

OPEN HOUSE!

NEW Luxury Condo Rentals Scarborough
This Saturday 1pm - 4pm
151 Village Green Square - Tridel Built Ventus - Kennedy and HWY 401

DEL CONDOMINIUM RENTALS

To the south of Ventus is the Kennedy Commons shopping centre and the Scarborough Town Centre is just to the east. Easy access to DVP and HWY 401.

Visit: www.delrentals.com Call: 416-296-RENT (7368)

Found an antique? Use a chemical stripper to take off the old finish. ISTOCK IMAGES

Out with the old and in with the newly restored

DIY ideas. Clean, sand, paint, stain — restore an old piece into a new gem for your home

If one man's junk is another man's treasure, both those men are probably at the flea market, where beautiful pieces of decor can be hiding beneath chipped wood and old paint.

Robert Kulp and Mike Whiteside of Salvage Dawgs offer some tips on turning junk into treasure through restoration.

Research and inspect

Check for unusual markings and labels to determine the origin and worth of the piece.

If you suspect it may be an antique, take it to a professional before you work on it. If you start to restore an antique you will ultimately void the piece of any vintage worth.

Safety first

A safety checklist before you start is a key component when doing DIY projects.

When restoring furniture, be sure to have goggles to protect your eyes from wood or metal scraps, wear long sleeves, wear a mask when working with chemicals and be sure to work in a well ventilated area.

Clean before you start

Once you've determined your plan for the piece it must be thoroughly cleaned before you begin sanding, painting or staining.

You will need to buff it with a vegetable oil-based soap and warm water. Use a small soft bristle tooth brush if the piece is highly detailed. Dirt and grime build up over the years and it will need to be removed for a professional look.

Repair

If parts are broken you will need to repair them or replace them altogether.

Search antique stores because you may get lucky and find a matching chair leg or drawer knob; but chances are you will have to get replacements custom made. Check for loose screws to simply tighten them, or take them out and replace them if they're rusted. Use wood glue for any small breaks and wood putty for small cracks.

Refinish/repaint

You will need to use both chemical strippers and sanding to take off the old finish.

If you are painting the piece, you will need to slightly sand down any ridges. Before you stain or paint the item, give it another buff to get rid of dust in order to end up with a professional looking finish.

SALVAGE DAWGS PREMIERES TUESDAY, MAY 7 AT 9 P.M. ET/PT ON DIY NETWORK CANADA DURING A MONTH-LONG FREE PREVIEW ON THE NETWORK

MOVE IN 2014
3 YEARS FREE MAINTENANCE
For a limited time.
Don't miss out!
dreamtower
AT EMERALD CITY
Easy access to TTC and subway and steps to Fairview Mall

Dream Big.

One bedroom from $259,900
Two bedroom from $352,900

PRESENTATION CENTRE HOURS:
Mon - Thurs 11am - 6pm
Sat - Sun Noon - 5pm
Closed Fridays

ELADCANADA

Exclusive Listing: Baker Real Estate Incorporated, Brokerage. Brokers protected. Prices and specifications are subject to change without notice. Limited time offer that may be withdrawn at any time without notice. Please see sales representatives for details. Rendering is artist concept. E.&O.E.

CONNECT WITH US:
dreamtower.ca
facebook/emeraldcitylife
416.492.0001

cinema TOWER
Exclusive Condominium Partner of TIFF Bell Lightbox
DANIELS'
RENT2OWN*
YOUR TICKET TO HOME OWNERSHIP IN THE ENTERTAINMENT DISTRICT!
WHY RENT WHEN YOU CAN OWN?
DANIELS' RENT2OWN PROGRAM IS TORONTO'S MOST UNIQUE HOMEOWNERSHIP OPPORTUNITY
With the very best location in the heart of the Entertainment District, an authentic connection to TIFF Bell Lightbox, incredible amenities, phenomenal suite designs AND Daniels' ground-breaking RENT2OWN program – NOW is the time to put yourself at the intersection of Life, Camera, Action at CINEMA TOWER
MOVE IN THIS SUMMER
Daniels BUY WITH CONFIDENCE 31 YEARS & BUILDING STRONG
SUITES FROM THE MID $400,000s OR $1,930/MONTH
CALL OR VISIT US TODAY TO LEARN MORE!
CINEMATOWER.COM
416.203.2020
Daniels
love where you live™
Official Developer of TIFF Bell Lightbox
CINEMA TOWER
Presentation Centre
325 Adelaide Street West, Toronto
MON. - THURS. 12-6PM
SAT., SUN. & HOLIDAYS 12-5PM
FRI. CLOSED
Richmond St. W
Adelaide St. W
King St. W
Peter St.
Widmer St.
John St.
N
Exclusive Listing: CityLife Realty Ltd. Brokerage. Brokers Protected. *Daniels' Rent-To-Own Program is only available on a select number of suites. Prices, specifications and programs are subject to change without notice. Illustrations are artist concept. E. & O.E. All brand names, logos, images, text and graphics are the copyright of the owners, The Daniels Corporation. Reproduction in any form, without written permission of The Daniels Corporation, is strictly prohibited.

Designer Brian Patrick Flynn incorporated life into this home office with a pair of fiddle leaf ficus trees and a large fern. Flynn recommends ferns to homeowners interested in plants with little to no maintenance.

BRIAN PATRICK FLYNN/HGTVREMODELS.COM/SARAH DORIO/THE ASSOCIATED PRESS

Plants can bring your room to life

Bring the spring in. From ferns and herbs to potted trees, professional designers help you choose what's best for your space

Going green

"The most common way to add life is with potted plants and trees."

Brian Patrick Flynn, interior designer, founder of decordemon.com

The first buds of spring have been slow to arrive, but even if your garden has yet to grow, you can add a sense of spring to your home by decorating with lush plants and potted trees.

Today, "designer spaces pretty much always include some element of life," says interior designer Brian Patrick Flynn. "While that can be anything from coral to tortoise shells, pressed leaves or even a tiny bowl with a goldfish, the most common way to add life is with potted plants and trees."

We've asked Flynn, California-based interior designer Molly Luetkemeyer and Betsy Burnham of Burnham Design in L.A. for advice on choosing the right plants and keeping them blooming.

Where to start?

You can choose plants based on where you'd like to keep them, or select a plant you love and ask for advice on where to place it. And if you want plants that need little attention, don't be shy about saying so.

"I'm only interested in plants and trees that are low-maintenance," Flynn says. "Give me something that requires daily care ... and it's most likely to go from green to brown or black in less than 72 hours."

Fabulous ferns

All three designers like ferns, such as the maidenhair. "They're fresh," says Luetkemeyer, "and they're that pale green that's the beginning green of spring."

If you want something bolder, Flynn suggests the staghorn fern. Just remember that all ferns do best in shade rather than direct sunlight.

Flowering plants

"I love plants that flower in the spring," says Luetkemeyer, who recommends daffodils, narcissus and hyacinth. She also loves gardenia plants for their fragrance and shiny leaves. But they do require a bit of effort.

"Any plant that's a woody plant ... is going to be a little bit trickier," she says. Consider researching online to learn how much water and light your plant will need.

Potted trees

"A statement tree," says Burnham, "adds height to your room, and plays with the light at a window."

Flynn also suggests fig trees: "Fiddle leaf fig trees are, hands down, my favourite," he says. "Since these grow straight upwards, they're perfect for corners or flanking a fireplace or focal point without growing out and over it."

Countertop herbs

"This might be a great time to put some herbs in your kitchen," Luetkemeyer says.

Many stores sell herb plants that are already blooming in small pots. You can re-pot them in attractive containers and cluster them on a countertop.

Perfect potting

"What you plant something it makes just as much of a statement as the tree or plant itself," says Burnham.

Luetkemeyer agrees that it's worth taking time to choose the right pots: "You can take the same plant and pot it four different ways and it creates four different vibes," she says.

Whatever you choose, Flynn is sure you'll be happier with greenery in your home.

"Whether you've got all the time in the world to care for something or just want to be able to squirt a water bottle on your way out the door," he says, "there's definitely something out there for you."

THE ASSOCIATED PRESS

Watch as the willows put on a spring show

Three performances.
Fantails feature furry buds, golden flowers and shimmering, lush leaves

Pussy willows in New Paltz, N.Y. LEE REICH/THE ASSOCIATED PRESS

It's early spring and already the fantail willow — a kind of pussy willow — is into its second show of the year. This show is its most colourful one, and comes at a time when anything besides brown or grey is at a premium.

No, the fantail willow's colour won't knock your socks off — it's a hazy yellow, a soft cloud that comes from hundreds of gold-capped threads poking through the "fur" of each bud.

Those threads are the male flower parts, the stamens, and their caps are golden yellow from grains of pollen. All pussy willows — and there are a number of different ones — are male.

Multiple shows

The fantail willow's first show takes place when its unexpanded flower buds, each soft and furry as a kitten, are revealed.

That furry covering is actually a leaf, botanically speaking — a modified leaf called a bract.

It's the same botanical structure as the large red "petal" of the poinsettia.

Actually, even before those furry buds expanded, there was cause to admire the fantail willow. Even in the dead of winter, it livens up the scene, and that's the time when it lives up to its namesake.

The "fantailing" is the result of fasciation, which occurs when a number of buds at the tip of a stem start to grow together.

The resulting shoots fuse into one wide, flattened shoot that swirls around from the different growth rates of its growing tips.

This fasciation is interesting, perhaps pretty, but all that twisting around can look almost painful.

In fact, fasciation is often the result of virus infection, although whatever is causing it does not seem to otherwise harm fantail willows.

Easy beginnings

One place those fasciated stems always look nice is in a vase, plopped there just as their buds are expanding.

That's how many get their fantail willow plant started. The forced stems came from a florist and, like other willows, they rooted readily as they sat in water.

When warm weather settled in, you can plant one of the rooted stems outdoors, and then have a lifetime supply of branches.

Like other willows, fantail is a fast grower.

Unlike other willows, it never grows much larger than my plant's present size, so can be accommodated in smaller yards.

Yet another show

What many don't know is that this plant can put on four shows each year: the contorted branches, the unopened furry flower buds, the golden haze of expanded flowers — and one more.

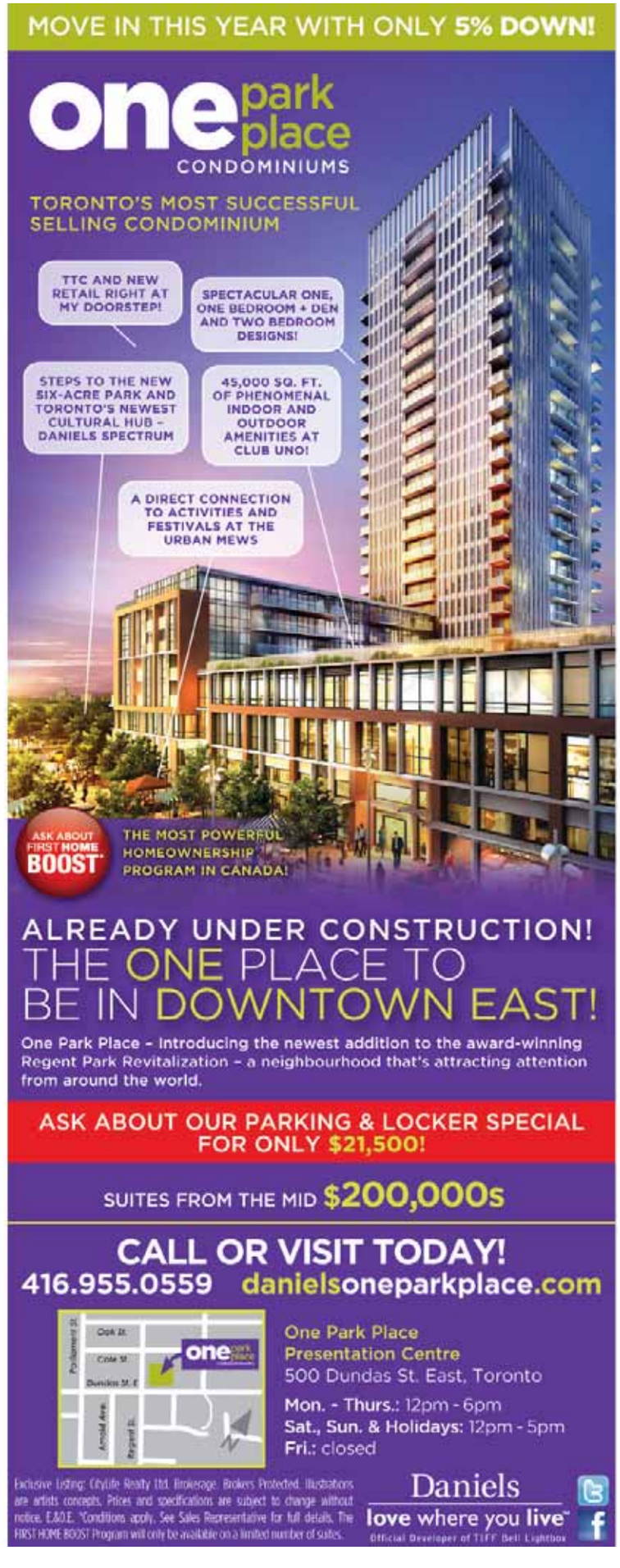
This final show will come from the leaves.

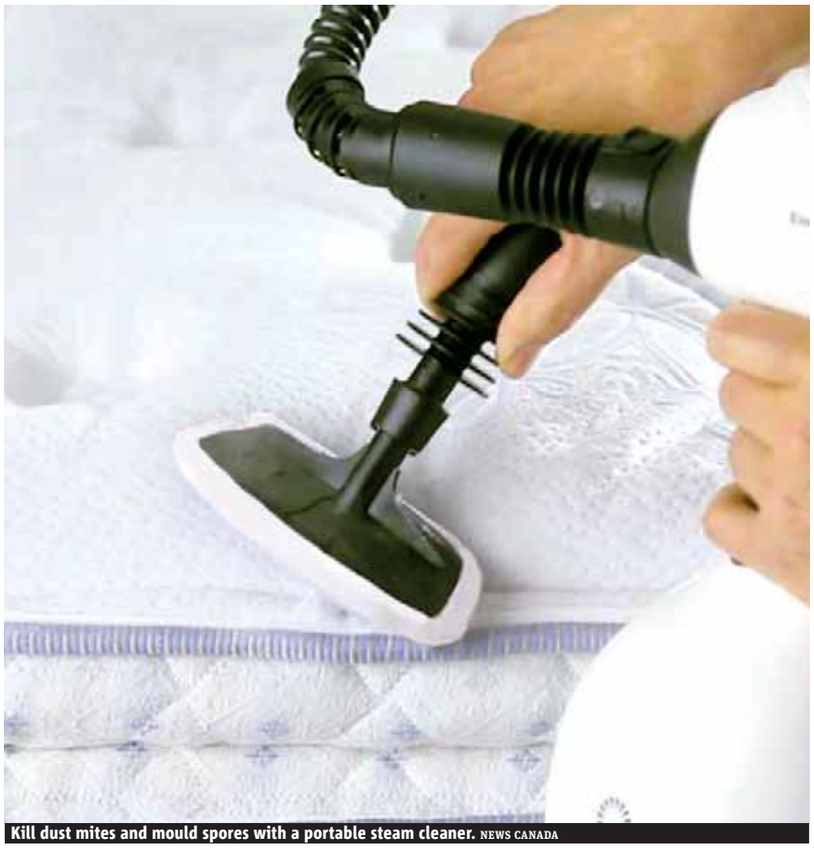
Glossy, elongated and drooping, they are unremarkable individually. But tufted together along the stems, they present a shimmering mound of lushness that could be mistaken for bamboo or peach.

Fantail willows seem unaffected by any pests, so the leaves retain their vibrancy and youthful sheen all summer long.

As summer melts into fall, fantail willows either drop their leaves quickly or turn some ho-hum colour.

THE ASSOCIATED PRESS


MOVE IN THIS YEAR WITH ONLY 5% DOWN!
one park place
CONDOMINIUMS
TORONTO'S MOST SUCCESSFUL SELLING CONDOMINIUM
TTC AND NEW RETAIL RIGHT AT MY DOORSTEP!
SPECTACULAR ONE, ONE BEDROOM + DEN AND TWO BEDROOM DESIGNS!
STEPS TO THE NEW SIX-ACRE PARK AND TORONTO'S NEWEST CULTURAL HUB – DANIELS SPECTRUM
45,000 SQ. FT. OF PHENOMENAL INDOOR AND OUTDOOR AMENITIES AT CLUB UNO!
A DIRECT CONNECTION TO ACTIVITIES AND FESTIVALS AT THE URBAN MEWS
ASK ABOUT FIRST HOME BOOST
THE MOST POWERFUL HOMEOWNERSHIP PROGRAM IN CANADA!
ALREADY UNDER CONSTRUCTION!
THE ONE PLACE TO BE IN DOWNTOWN EAST!
One Park Place - Introducing the newest addition to the award-winning Regent Park Revitalization - a neighbourhood that's attracting attention from around the world.
ASK ABOUT OUR PARKING & LOCKER SPECIAL FOR ONLY $21,500!
SUITES FROM THE MID $200,000s
CALL OR VISIT TODAY!
416.955.0559 danielsoneparkplace.com
One Park Place
Presentation Centre
500 Dundas St. East, Toronto
Mon. - Thurs.: 12pm - 6pm
Sat., Sun. & Holidays: 12pm - 5pm
Fri.: closed
Exclusive Listing: CityLife Realty Ltd. Brokerage. Brokers Protected. Illustrations are artists concepts. Prices and specifications are subject to change without notice. E.&O.E. Conditions apply. See Sales Representative for full details. The FIRST HOME BOOST Program will only be available on a limited number of suites.
Daniels
love where you live
Official Developer of TIFF Bell Lightbox



Kill dust mites and mould spores with a portable steam cleaner. NEWS CANADA

Don't let dust and pollen take the spring from your step

Practical and chemical-free. Get ahead of the season's nasty allergens and start enjoying the warming weather

Along with the nicer weather and longer days, springtime can bring runny noses, watery eyes and seasonal sneezing.

From the ceremonious spring cleaning to blooming flowers and thriving trees, spring can trigger allergies caused by culprits both inside and outside the home. Don't let allergens such as pollen, mould, dander or dust mites make you suffer and spoil your spring. Take a look at this list of practical, chemical-free tips on how to better control allergies in your home:

Declutter to reduce dust
Remove piles and stacks, toss out or recycle any unwanted items and place remaining objects in closed plastic containers to avoid attracting dust.

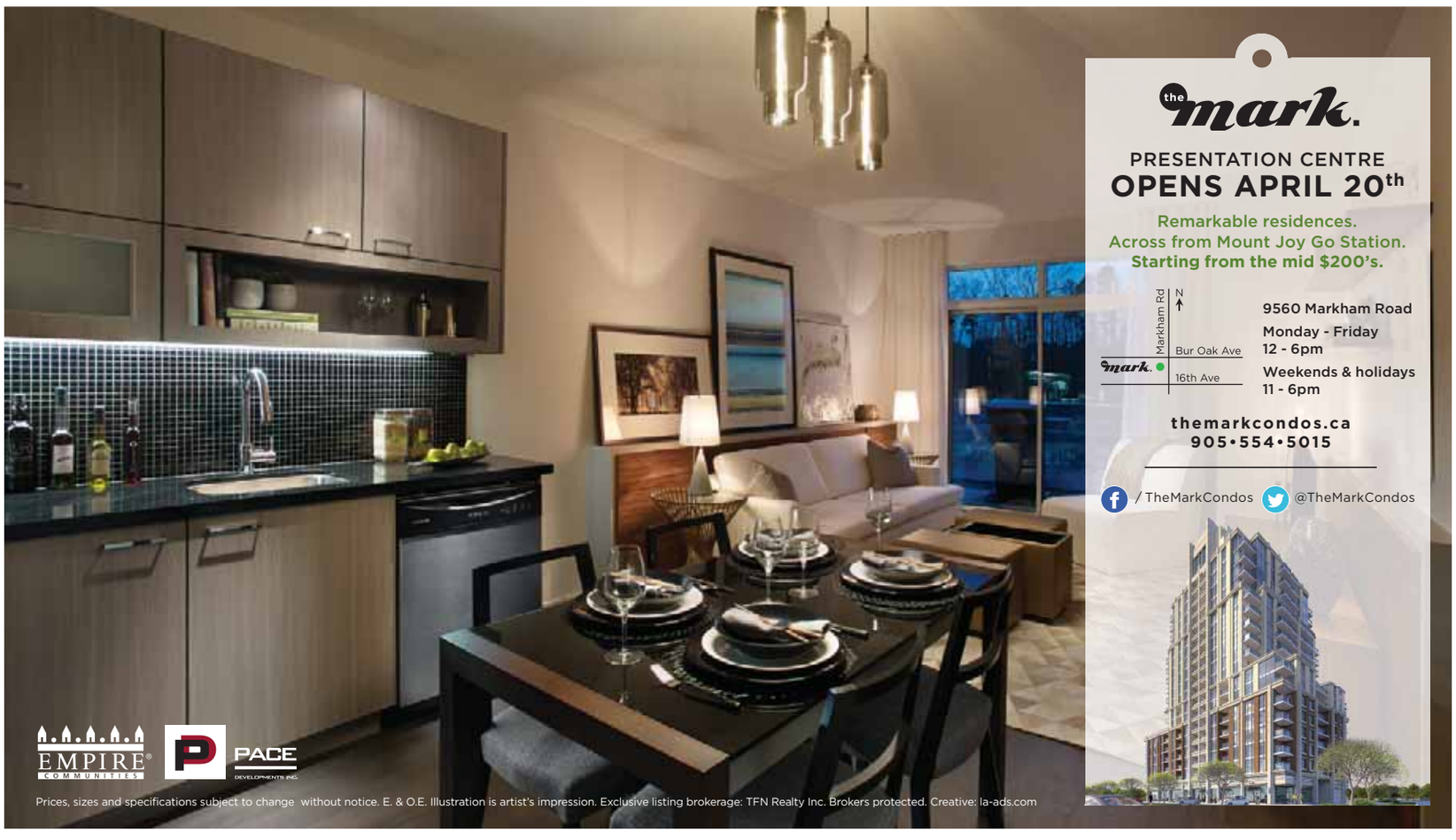
Vacuum, steam and flip
This should be done to your mattress annually to help maintain shape and avoid uneven wearing. Easily kill dust mites and mould spores with a portable steam cleaner.

Use a fabric brush attachment and hold the device over the mattress to eliminate allergens. Steaming deodorizes and sanitizes every crevice, and is a natural alternative to using harsh chemicals.

Wipe down your home
Do this from top to bottom, but skip the hazardous chemical cleaning solutions and use a damp microfibre cloth to attract dust on tables, walls, frames, shelves, dressers, ceiling fans and more.

Keep doors, windows closed
This is especially important during peak pollen hours. If using an air conditioner, make sure to change the filter monthly.

Clear mildew, lime buildup
To be effective without harsh chemicals, lay down paper towels over appliances and soak in vinegar. Let sit for at least an hour, allowing the residue to soften, making it easier to remove. NEWS CANADA



Putting nature's critters to work for you

An underappreciated workforce. Crawly creatures can help you keep your garden healthy — and they work cheap

Looking for some help in the garden? Many of nature's most useful critters lie literally at our feet, underappreciated and ignored, despite their ability to eliminate insects, condition soil and pollinate plants.

Turtles, moths, moles, dragonflies, snakes, toads and spiders are among the many wild things that can help maintain a landscape. The payback is minimal — food, water, shelter and easing off on harsh lawn and garden chemicals.

"I believe in teamwork, using all the creatures that live in your garden," says Sharon Lovejoy, author of Trowel and Error. "Start from the ground up with night crawlers as part of your workforce."

Add to the earthworms already in your plant beds with commercially available red worms.

"Build a worm bin or a place where they can't get out," Lovejoy says. "Use all of your leftovers — your kitchen compost. Worms can process up to six pounds of garbage in a week."

Lovejoy adds: "Grow an assortment of native plants, which will draw a great many bird species. Add plant hosts as food for butterfly and moth larvae."

That list would include milkweed (for monarch butterflies), borage (for green lacewings), sunflowers (for ladybugs) and yarrow (for hoverflies). Many insects in the larval stage are voracious predators. Juvenile green lacewings are named "aphid lions" because of their appetite for the sap-sucking pests.

"I would certainly place spiders near the top of underappreciated life in the garden," says Whitney Cranshaw, an extension entomologist with Colorado State University.

Little labourers

"I believe in teamwork, using all the creatures that live in your garden."
Sharon Lovejoy, author of Trowel and Error

"Although sometimes I think it is less that they are not appreciated, but rather people don't want to think of them."

Spiders are credited for as much as 80 per cent of all predator control in the garden. Jumping spiders, wolf spiders, lynx spiders and crab spiders are the standouts, Cranshaw says.

Most predatory insects aren't selective, though, feeding on anything that comes within reach. "Praying mantises are generalists," says James Dill, a pest management specialist with the University of Maine.

"So are many spiders. They're very efficient, but don't discriminate in what they eat. They'd just as soon grab a honeybee if it happens by."

Maintain a healthy garden with ample spacing if you hope to attract beneficial insects. "Spacing allows you to observe things better if you're walking around, looking for trouble," Dill says. "It also reduces the odds for (plant) disease."

THE ASSOCIATED PRESS

Spiders may land on the creepy-crawly list for many, but they account for as much as 80 per cent of all the predator control in home gardens.
DEAN FOSDICK/THE ASSOCIATED PRESS

Natural Gardeners

- **Toads.** "Harmful insects make up 62 per cent of a toad's daily food supply," says Lovejoy
- **Dragonflies.** These insects can capture more than 400 mosquitoes a day
- **Moles.** "They eat their body weight in insects, slugs and grubs while aerating the soil," Lovejoy says
- **Bats.** These nocturnal aerialists pollinate flowers, spread seeds and devour upwards of 600 mosquitoes an hour.
- **Snakes.** "Most snakes ... are harmless helpers, and eat rodents and insect pests," Lovejoy says

comFree
Commonsense Network Brokerage
Real Estate. Made Better.

Our agenda is your success.

Our network has helped over 125,000 Canadian homeowners sell their own home and save thousands in commission by doing so. Check testimonials from thousands of Ontario homeowners like Cheryl and Louis, who have saved $20,000 selling their home the ComFree way.

SELL WITH US AND SAVE AN EXTRA $50 UNTIL MAY 31, 2013
Promo Code SPRING13

WE SAVED $17,000*
"Very pleased that we decided to go with your company"
– Krzysztof and Kamila

WE SAVED $20,000*
"All the tools needed to sell our property were available to us"
– Cheryl and Louis

I SAVED $13,000*
"The experience was great, you have a team that has a great future"
– Bakraam

Get started at ComFree.com 1.866.336.9637

*When compared to an average commission of 5% on the sale price, rounded down to the nearest thousand. May not take into account commission paid to the buyer's agent, if any.

STOP HAIR LOSS

for MEN and for WOMEN

#1 SELLING IN CANADA

Hair Grow Technology's Bio-Fen® product line is continually moving forward! We are introducing our two latest versions; **Bio-Fen® Plus for Men** and **Bio-Fen® Plus for Women**. These products have been assigned Natural Product Numbers (NPN's) by Health Canada.

We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength! Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).***
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women*.

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

Hair Grow Technology (Bio-Fen® Plus) is a progressive company - we continually seek out the latest research on bioactive ingredients, and on regulatory updates in the natural health products industry.

See our website to locate your nearest store that carries *Bio-Fen® Plus*.

www.biofen.com

1-866-424-7745

Available at Health Food Stores, Supplement Stores & Independent Pharmacies

Save $5.00 off your purchase with this coupon!

Each coupon is valid for one bottle of Bio-Fen® Plus for Men or Bio-Fen® Plus for Women. Valid one coupon per bottle. Coupon is void when reproduced or altered in anyway. Coupon expires on June 30, 2013. Retailers must submit all coupons for reimbursement to Hair Grow Technology within 30 days after the expiration date. Redeemed coupons must be accompanied with a copy of the purchased receipt.

Boston bombings

Heat's Allen says friend lost leg in Monday's blasts

Heat guard Ray Allen says a friend of his family was among those who lost a leg in Monday's explosions at the Boston Marathon, and that another friend owned the restaurant that employed the 29-year-old woman who was killed in the blasts.

Allen has been a spectator at the marathon several times, going back to his days with the Boston Celtics. He says his mother has run the marathon three times and that his wife has done so twice.

Allen says that if he was still with the Celtics, he likely would have been at the finish line around the time of the explosions on Monday, waiting for his mother and wife to complete their runs.

THE ASSOCIATED PRESS

MLB

White Sox rough up Blue Jays' Happ

Catcher Tyler Flowers hit a three-run home run and Jose Quintana pitched 6 2/3 innings to earn his first win of the season as the Chicago White Sox defeated the Toronto Blue Jays 7-0 on Wednesday.

Alex Rios also homered as Quintana (1-0) held the Blue Jays to five hits and two walks while striking out seven before a crowd of 15,684 at Rogers Centre.

Toronto left-hander J.A. Happ (2-1) allowed six hits, including two home runs, and five runs in 5 2/3 innings to take his first loss and end a string of four consecutive quality Jays starts. THE CANADIAN PRESS

Bruins defenceman Dennis Seidenberg watches pre-game ceremonies on the ice, illuminated in blue and yellow, the colours of the Boston Athletic Association, on Wednesday at TD Garden. The Bruins and Sabres also wore Boston Strong decals on their shirts. JIM ROGASH/GETTY IMAGES

Emotional return to the ice in Boston

NHL. Fans mourn and then cheer as Bruins return to action

Emerging from a moment of silence with a deafening cheer, fans at Wednesday night's Bruins game paid tribute to the victims of this week's Boston Marathon bombing with a stirring national anthem and a thunderous chant of "U.S.A.!"

The sold-out crowd at the first major sporting event in the city since Monday's attack lined up for metal-detecting wands and random car inspections to get into the TD Garden. Once inside, they watched a sombre video with scenes from the race, ending with the words, "We are Boston, We are Strong."

The players on the ice for the opening faceoff banged their sticks in the traditional salute, drifting back off the blue-lines so that they, too, could see the video. The Boston Fire Department Honor Guard brought out the U.S. flag to honour the first responders who rushed to the aid of the three killed and more than 170 injured by the twin bombs at the marathon finish line.

It was an emotional return to normal life for the city, which has been dazed by the attacks on one of its signature and most beloved events. Monday's scheduled Bruins game against Ottawa was rescheduled, and Tuesday night's Celtics game was cancelled outright.

But the Bruins said they were determined to help the city move on.

"You're trying to live your life in peace, and there's people trying to disrupt that," coach Claude Julien said on Wednesday before the Bruins' 3-2 shootout loss to the Buffalo Sabres. "The people trying to live their life in peace are going to stick together."

Bruins owner Jeremy Jacobs pledged $100,000 to The One Fund Boston, the charity established to help families affected by the bombing; the Garden, the NHL and the players association pledged $50,000 each.

THE ASSOCIATED PRESS

Quoted

"We love the city. We want to help in any way we can — if we can give them 10 minutes of joy, or 20 hours of joy — anything we can do."

Chris Kelly, Bruins forward

Raptors wrap up with tribute to Boston

Toronto Raptors and Boston Celtics observe a moment of silence for the victims of the Boston Marathon bombings on Wednesday. The Raptors won their season finale 114-90. FRANK GUNN/THE CANADIAN PRESS

The Raptors paid tribute before Wednesday's season finale to those whose lives were affected by Monday's marathon bombing in what Toronto coach Dwane Casey called an opportunity "to come together and be one for the city of Boston."

It was the Celtics' first game since Monday's bombing that killed three people and injured more than 170.

Neil Diamond's Sweet Caroline — the eighth-inning song played at Red Sox games — played during the Celtics' pre-game player introductions.

"My condolences and our organization's condolences to their city and fans," Casey said before the Raptors' 114-90 season-ending win. "It's sad when the world is that way, but the good thing about sports is you can hopefully forget evil and bad-doers."

Celtics coach Doc Rivers, who lives near the marathon finish, said he "witnessed panic which you never want to see.

"I also witnessed some great things too, I witnessed a lot of people taking charge of their city and I thought that was awesome," Rivers added.

The coach said the events of Monday probably hit 14-year veteran Paul Pierce the hardest since he's played his entire career for the Celtics.

"But I don't think you have to be a basketball player, you don't even have to be from Boston, or from the United States," Rivers said. "When something like that happens, I think it has an effect on everyone."

THE CANADIAN PRESS

Depth will be crucial to Leafs' playoff success

NHL. While Reimer, Kessel and Phaneuf are key, supporting cast also crucial post-season

THE HOCKEY NEWS
Adam Proteau
toronto@metronews.ca

With the Maple Leafs on the verge of making the playoffs, attention will turn to particular individuals who need to play well for Toronto to do some post-season damage.

Atop that list will be starting goalie James Reimer, star winger Phil Kessel and captain Dion Phaneuf — and that's as it should be.

To experience success, your top players in the regular season have to be your best players in the playoffs.

That said, playoff hockey is a war of attrition. The game becomes so physical and the competitors so desperate that NHL teams know going into the post-season that they'll need players other than their stars to make meaningful and timely contributions as key cogs are lost to injury. And that's where the Leafs have somewhat of an advantage — they've got one of the league's better collections of supporting talent.

For example, if you don't know how important defensive centre Jay McClement has been to the Leafs this year, you haven't been watching enough of their games. When the playoffs begin and defence-first hockey becomes a priority, McClement gives Toronto a solid, veteran presence.

As well, the banner work done in the American Hockey League by Marlies coach Dallas Eakins has given the Leafs more options at forward (including big centre Joe Colborne and winger Ryan Hamilton) and allowed coach Randy Carlyle to make healthy scratches out of players such as Clarke MacArthur and Matt Frattin. That was all but unthinkable not long ago and tells you how far the Leafs have come.

Toronto centre Jay McClement has been key to his team's success.
DAVID COOPER/TORSTAR NEWS SERVICE

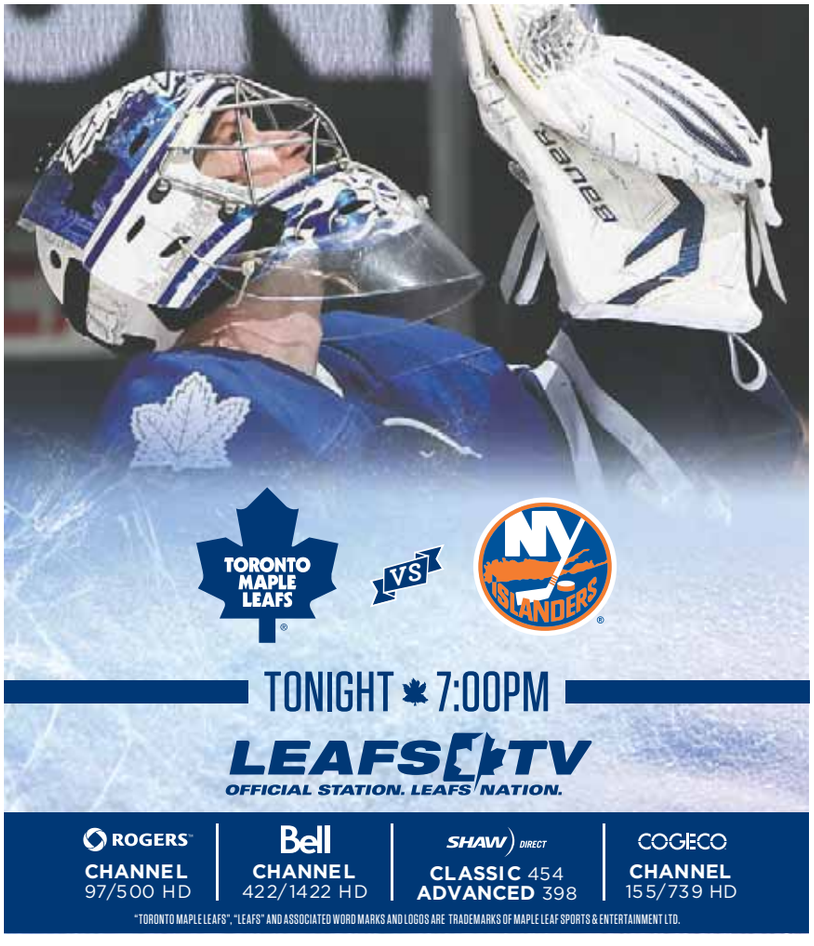
Toronto also has enviable depth on the blue-line. When veteran John-Michael Liles can be a regular healthy scratch, that means Carlyle has a number of different players to which he can turn — including trade deadline acquisition Ryan O'Byrne and still-developing youngster Jake Gardiner — if he doesn't like the way one of his regular D-men is performing.

Toronto will enter the playoffs as the team with the least amount of post-season experience (just 206 games of playoff experience, as compared to the Bruins, who lead the league this year with 1,300 playoff GP).

They'll face a steep learning curve, but the choice Carlyle has in who sees the ice at any given moment or game — and the calibre of Toronto's lesser lights and footsoldiers — could well be a difference-maker.

Not his day on clay

Milos Raonic plays a backhand against Jarkko Nieminen in their second-round match at the ATP Monte Carlo Masters in Monte-Carlo, Monaco, on Wednesday. Raonic, the 12th seed from Thornhill, Ont., committed 40 unforced errors in losing 6-3, 1-6, 7-6 (7-3).
CLIVE BRUNSKILL/GETTY IMAGES


TORONTO MAPLE LEAFS
VS
ISLANDERS
TONIGHT 7:00PM
LEAFS TV
OFFICIAL STATION. LEAFS NATION.
ROGERS CHANNEL 97/500 HD
Bell CHANNEL 422/1422 HD
SHAW DIRECT CLASSIC 454 ADVANCED 398
COGECO CHANNEL 155/739 HD
"TORONTO MAPLE LEAFS", "LEAFS" AND ASSOCIATED WORD MARKS AND LOGOS ARE TRADEMARKS OF MAPLE LEAF SPORTS & ENTERTAINMENT LTD.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	65	16	.802	Ñ
y-New York	54	28	.659	11½
y-Indiana	49	32	.605	16
x-Brooklyn	49	33	.598	16½
x-Chicago	44	37	.543	21
x-Atlanta	44	38	.537	21½
x-Boston	41	40	.506	24
x-Milwaukee	38	44	.463	27½
Philadelphia	34	48	.415	31½
Toronto	34	48	.415	31½
Washington	29	52	.358	36
Detroit	29	53	.354	36½
Cleveland	24	58	.293	41½
Charlotte	21	61	.256	44½
Orlando	20	61	.247	45

WESTERN CONFERENCE

	W	L	Pct	GB
z-Oklahoma City	60	22	.732	Ñ
y-San Antonio	58	24	.707	2
x-Denver	57	25	.695	3
y-L.A. Clippers	55	26	.679	4½
x-Memphis	55	26	.679	4½
x-Golden State	46	35	.568	13½
x-Houston	45	36	.556	14½
L.A. Lakers	44	37	.543	15½
Utah	43	38	.531	16½
Dallas	40	41	.494	19½
Portland	33	48	.407	26½
Minnesota	31	51	.378	29
Sacramento	28	53	.346	31½
New Orleans	27	54	.333	32½
Phoenix	25	57	.305	35

x — clinched playoff berth; y — clinched division; z — clinched conference.

Wednesday's results
Toronto 114 Boston 90
Brooklyn 103 Detroit 99
Charlotte 105 Cleveland 98
Denver 118 Phoenix 98
Milwaukee 95 Oklahoma City 89
Minnesota 108 San Antonio 95
New York 98 Atlanta 92
Philadelphia 105 Indiana 95
Washington at Chicago
Utah at Memphis
Orlando at Miami
New Orleans at Dallas
Golden State at Portland
Houston at L.A. Lakers
L.A. Clippers at Sacramento

End of Regular Season

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
y-Pittsburgh	43	33	10	0	0	147	106	66
dx-Boston	42	26	11	2	3	118	94	57
d-Washington	43	24	17	2	0	134	119	50
x-Montreal	43	26	12	3	2	135	113	57
Toronto	43	24	14	0	5	131	118	53
Ottawa	42	22	14	2	4	104	91	50
NY Islanders	43	22	16	4	1	124	124	49
NY Rangers	42	22	16	0	4	104	98	48
Winnipeg	43	22	19	0	2	113	126	46
Buffalo	44	19	19	2	4	114	130	44
New Jersey	42	15	17	3	7	96	115	40
Philadelphia	43	18	22	1	2	117	133	39
Tampa Bay	43	17	22	1	3	136	135	38
Carolina	42	17	23	1	1	109	134	36
Florida	42	13	23	5	1	101	147	32

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
y-Chicago	42	33	5	0	4	139	87	70
dx-Anaheim	42	27	10	2	3	125	105	59
d-Vancouver	43	24	12	1	6	118	104	55
Los Angeles	43	24	14	1	4	122	107	53
San Jose	43	23	13	3	4	109	104	53
Minnesota	43	24	16	1	2	114	109	51
St. Louis	42	24	16	1	1	112	105	50
Detroit	42	20	15	3	4	106	107	47
Columbus	43	20	16	3	4	106	110	47
Dallas	42	21	18	2	1	118	126	45
Phoenix	42	18	17	3	4	110	114	43
Edmonton	42	16	19	4	3	106	120	39
Nashville	44	15	21	2	6	100	123	38
Calgary	42	16	22	1	3	113	145	36
Colorado	43	14	22	5	2	103	135	35

x — clinched playoff berth; y — clinched division.

Wednesday's results
Buffalo 3 Boston 2 (SO)
Pittsburgh 6 Montreal 4
Detroit at Calgary
Columbus at Anaheim

Thursday's games
All Times Eastern
Florida at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Toronto, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Washington at Ottawa, 7:30 p.m.
New Jersey at Philadelphia, 7:30 p.m.
Phoenix at St. Louis, 8 p.m.
Carolina at Winnipeg, 8 p.m.
Vancouver at Dallas, 8:30 p.m.
Columbus at Los Angeles, 10:30 p.m.
Minnesota at San Jose, 10:30 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	9	4	.692	—
New York	8	5	.615	1
Baltimore	7	7	.500	2½
Toronto	6	9	.400	4
Tampa Bay	5	9	.357	4½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	8	5	.615	—
Kansas City	8	6	.571	½
Chicago	7	8	.467	2
Minnesota	6	7	.462	2
Cleveland	5	7	.417	2½

WEST DIVISION

	W	L	Pct	GB
Oakland	12	4	.750	—
Texas	9	5	.643	2
Seattle	6	9	.400	5½
Los Angeles	4	10	.286	7
Houston	4	11	.267	7½

Wednesday's results
Chicago White Sox 7 Toronto 0
Oakland 7 Houston 5
L.A. Angels at Minnesota (ppd., rain)
Arizona at N.Y. Yankees
Boston at Cleveland
Tampa Bay at Baltimore
Detroit at Seattle

Thursday's games — All Times Eastern
Detroit (Verlander 2-1) at Seattle (Iwakuma 2-0), 3:40 p.m.
Arizona (Corbin 2-0) at N.Y. Yankees (Hughes 0-2), 7:05 p.m.
Boston (Lester 2-0) at Cleveland (McAllister 1-1), 7:05 p.m.
Tampa Bay (Price 0-1) at Baltimore (Gonzalez 1-1), 7:05 p.m.
Chicago White Sox (Sale 1-1) at Toronto (Dickey 1-2), 7:07 p.m.

NATIONAL LEAGUE

Wednesday's results
Cincinnati 1 Philadelphia 0 (comp. of susp. gm)
Cincinnati 11 Philadelphia 2
Kansas City 1 Atlanta 0
Pittsburgh 5 St. Louis 0
N.Y. Mets at Colorado (ppd., snow)
Texas at Chicago Cubs (ppd., rain)
Washington at Miami
San Francisco at Milwaukee
San Diego at L.A. Dodgers

Toronto FC captain says the numbers lie

MLS. Recognition slow in coming for much-improved Reds and goalkeeper Joe Bendik

Toronto FC captain Darren O'Dea scoffs when told that the MLS's Castrol Index Weekly Top 20 player rankings have teammate Joe Bendik listed as only the league's eighth-best goalkeeper.

"I see the best goalkeeper in the league at the minute," said the Irish international defender. "That's what I see.

"There was no doubt about it, he was the best keeper in the league this week. Since he's been in, six games (this season), for me he's been the best keeper in the league. I'm not saying he IS the best keeper in the league, but (he is the one) in form."

MLS did show Bendik some love by naming him to its team of the week. The 23-year-old from Georgia is also up for save of the week.

Respect has been slow to come this season for goalkeeper Joe Bendik and Toronto FC. GETTY IMAGES

Bendik actually ranked 13th among all players in the weekly Castrol Index which measures a player's "positive or negative impact on a team's ability to score or concede a goal," according to the league's website.

Bendik ranks 185th in the league in the current overall index, which is updated monthly. The top TFC player is striker Robert Earnshaw at No. 61.

"It's obviously a guy who's never played football (has) come up with that," O'Dea said of the rankings.

Apprised of his lowly ranking, Bendik smiled.

"That's cool," he said with a laugh. "At the end of the day, it's really what you think of yourself and what your team thinks about you."

Lack of respect for Toronto FC in the league has developed into a storyline this season.

Toronto (1-2-3 this season) has long been the league doormat. And while the product on the field is changing for the better, the respect is slow to come.

Against Philadelphia last week, Bendik did everything but stand on his head in a 1-1 tie. He has faced 30 shots this season. Only Chivas' Kennedy (36) has faced more.

But the six-foot-three goalie sees room for improvement.

"I still have yet to hold a clean sheet," said the no-nonsense goalkeeper.

THE CANADIAN PRESS

Do you have **Diabetes**?

Are you using a **Cholesterol Lowering Medication**?

You may be eligible to participate in a research study involving an investigational medication.

Study-related medication, supplies, and reimbursement for time and travel will be provided.

Contact LMC's Diabetes Specialists at:

866-701-ENDO (3636)

research@lmc.ca

LMC Making Healthy Easier

LMC.ca

TORONTO • OAKVILLE • ETOBICOKE • THORNHILL • BARRIE • MARKHAM • BRAMPTON • CALGARY • MONTREAL

MARLIES

2013 PLAYOFFS

UNFINISHED BUSINESS

PRESENTED BY PokerStars.net

ROUND 1 TICKETS ON SALE NOW!

SEATS ARE GOING FAST!

TICKETS STARTING AT $10*

416.597.PUCK (7825) OR MARLIES.CA

EVERY GAME IS A TRYOUT

*BASED ON TICKETS IN THE TORONTO STAR ZONE PURCHASED ONLINE IN ADVANCE. GAME DATES AND TIMES OF ROUND 1 TO BE DETERMINED. "MARLIES" AND ASSOCIATED WORD MARKS AND LOGOS ARE TRADEMARKS OF MAPLE LEAF SPORTS & ENTERTAINMENT LTD.

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, C.A., CIRP, Trustee

FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
For more information visit us online at www.DavidSklar.com

CALL ERIKA
(LICENSED DEBT EXPERT)
STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

CREDIT PROBLEMS?
REDUCE YOUR DEBTS & SLEEP WELL
Consolidate All Your Debts Into One Small Monthly Payment & Pay NO Interest
EMPIREONE CREDIT SOLUTIONS
WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION
416-900-2324
www.empireonecredit.com
BBB ACCREDITED BUSINESS
SCARBOROUGH 250 Consumers Rd. Suite 810
OSHAWA 286 King St. W. Suite 303
NORTH YORK 1111 Finch Ave. W. Suite 207
MISSISSAUGA 165 Dundas Ave. W. Suite 307

LOWEST RATES for bad credit loans in GTA since 1984
Need a loan?
Fast Same Day Loans
PFS
Personal loans Up to $3000 ➡ (1 yr on job; $16/hr.min.req.)
Car paid off? ➡ Up to $20,000 (6 yrs or newer)
Open loans. ➡ Pay off early. Get refund.
416-634-2013 Prudent Financial Services
PrudentLoanApprovals.com

Northwood Mortgage™
5 YEARS 2.89%!!
- Flexible
- Pay Off Credit Cards
- Self Employed
- 1st and 2nd Mortgages
- Secured Lines of Credit

416-969-8130 1-888-257-8130
www.northwoodmortgage.com
CALL TODAY!
Licence # 10349

DEBT RELIEF
Are you drowning in debts?
Let us help you...
- consolidate debts, low monthly payments
- stop harassing creditors, collection calls and garnishments
- settle your debts without a bankruptcy
- reduce the amount to pay back, no interest

NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga. Tel: 416-665-DEBT

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

Consumer Loans
cln finance™
Quick and Easy approvals
Discharged from bankruptcy or consumer proposal welcome
APPLY TODAY
Tel# 416.494.1144
www.clnfinance.com

How do I become a Dentist ?
Explore what you want to be and how to get there.
Visit CareerBear.com to learn more

LEGAL

Mazinani Law Offices
Divorce Centre
Experienced Family Lawyers
- Uncontested Divorce *($199 plus court fee)*
- Child Custody and Access
- Child and Spousal Support
- Division of Property
- Motion to Change Orders

Tel: 416-485-8545
6026 Yonge Street (Yonge and Finch)

HEALTH

STOP!
Do You Have ASTHMA?
We are currently looking for volunteers, 12-75 years of age to participate in various asthma research studies.
The studies will provide you with all study medication.
An honorarium will be paid upon study completion.
If you are interested in participating in a trial please call JDM Research Inc. at 416-483-4720
Our office is conveniently located at Bayview and Eglinton with a TTC stop at our door!

PSYCHIC

World Famous Indian Astrologer
Pandit: Jagadish
He solves your all problems
Marriage,Business, Job,Enemy
Family, Children, Health,Love
Depression, Court, Sexual Etc
I CAN HANDLE ANY PROBLEM
Removes Black Magic & Bad Luck in 2 Days & Gives Immediate Protection
100% Guarantee
647-532-8224
1290 Finch Ave. W, #23,North York, Keele & Finch

International Famous Spiritualist
Pandit Shiva Vishnu Baba
Suggestions: Solutions:
* Money * Black Magic
* Family
* Love * Jadoo
* Job * Obeau
* Court * Voodoo
* Kids Etc * Bad Luck
100% Guarantee, All Religions Welcome
416-843-3563
(Markham & Lawrence, Inside Best Deals)

Pandit: Balram
The Most Powerful Spiritual Healer
Solves all Problems
Love * Marriage * Kids
Education * Business* Job
Money * Health * Sexual
Family Prob * Enemy*Court
100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Jodo*Bad Luck*Jealousy*Witchcraft*And Gives Strong Protection...
416-400-4264
874 Dundas st. W. Mississauga (Dundas & Hurontario)

Mr. IBRAHIM
AFRICAN PSYCHIC MEDIUM
I can help you out of despair.
Reunite lovers forever
Happy Marriage.
Stop divorce, stress & depression.
Success in business.
Court cases.
Protection against evil.
Remove bad luck.
Hopeless cases.
OVER 27 YEARS EXPERIENCE
QUICK RESULTS
BY APPT. 416-783-3910

Mr SETY, African Spiritual Healer
I can help you if you have love or family problems or bad luck in business.I can bring your lover back to you quickly and remove all negativity. There is no problem without situation I have a solution for you.
Expert in Removing Para-normal Problems
Call me, You will Never regret it.
100% Guaranteed & Accurate Results
416-907-9321
www.Mr-sety.com

WORK / EDUCATION

MOTOR CLUB OF AMERICA
Independent Agents Wanted
- No experience needed
- Part-time/Full-time
- Potential to earn $400-$800+ a week
- $80.00 per referral
- GREAT BENEFITS

CALL:647-499-8093
www.joinmca.com/harmony
ACCESS TO INTERNET REQUIRED

Horoscopes

♈ Aries
March 21 - April 20
Keep things in perspective today. Not everything will go your way and you could even suffer a small financial loss but it's no big deal.

♉ Taurus
April 21 - May 21
With the Sun about to move into your birth sign you should be looking ahead and planning all the marvelous things you are going to be doing. Don't let other people's negativity hold you back.

♊ Gemini
May 22 - June 21
You may be active by nature but over the next few days you should aim to do less and think more. Activity for its own sake, be it physical or mental, is a waste of time, so make sure your aims have meaning.

♋ Cancer
June 22 - July 23
How can you make a difference in the world? Give it some thought and a way will occur to you.

♌ Leo
July 24 - Aug. 23
Do you want to improve your status and reputation? Then keep your eyes and ears open because you will soon get the chance.

♍ Virgo
Aug. 24 - Sept. 23
The planets are about to offer you the chance to make a new beginning. First though you need to get rid of all that emotional baggage you have been carrying around. It's time to be who you want to be.

♎ Libra
Sept. 24 - Oct. 23
You may be inclined to make changes to your financial or business affairs today but is that really such a smart idea? With so many things in a state of flux at the moment it may be better to just sit tight.

♏ Scorpio
Oct. 24 - Nov. 22
Your reputation for toughness is well deserved but there is also a softer, more compassionate side to your nature that will be much in evidence today.

♐ Sagittarius
Nov. 23 - Dec. 21
Do you see your work as a challenge or a chore? If it's the latter you may need to change direction

♑ Capricorn
Dec. 22 - Jan. 20
You cannot be bothered with trivial issues or trivial people. There are so many big things going on in the world at the moment and it annoys you that so many don't seem to care.

♒ Aquarius
Jan. 21 - Feb. 19
With the cosmic emphasis about to switch to the domestic sphere you should focus on the needs of loved ones.

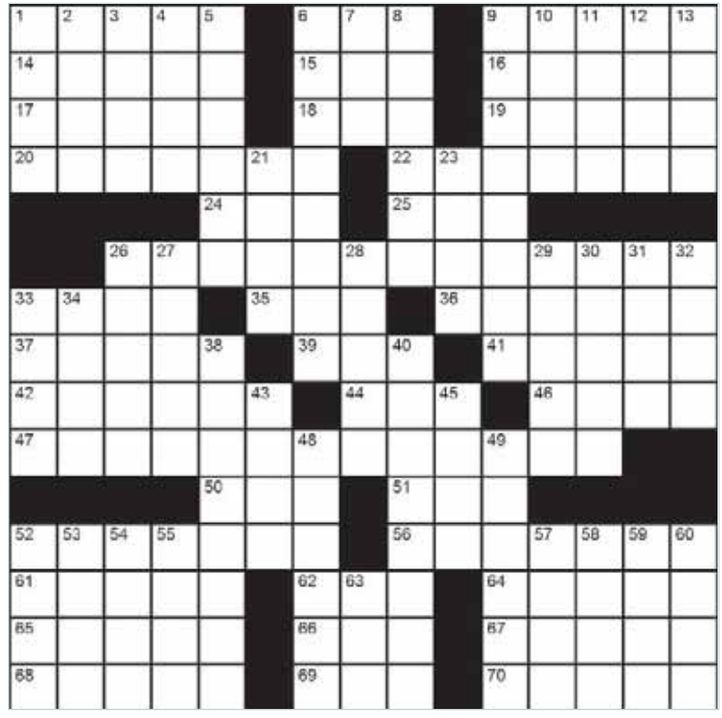
♓ Pisces
Feb. 20 - March 20
As Pisces is such a sensitive sign you are easily affected by other people's moods, which means you should be rather cheerful today. Everyone around you is in the mood to have fun. Sounds like an excuse for a party.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



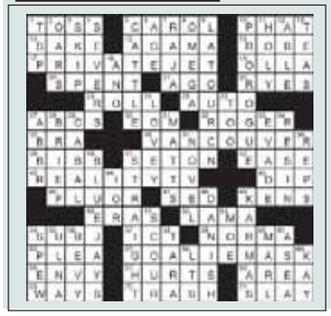
Across

1. Juno, for one
6. Haul with difficulty
9. Boast
14. "Extra" host Mr. Lopez
15. 'Comb' suffix (Put together)
16. "__ __ Majesty's Secret Service (1969)"
17. Spectrum source
18. Half a cheering prop
19. "__ fired!" (Donald Trump's catchphrase)
20. Maritime helicopter of the RCAF: 2 wds.
22. Sir Walter Scott novel about a Saxon knight
24. Naught
25. Henpeck
26. It distinguishes the iconic Lacoste tennis/golf shirt: 2 wds.
33. Moulding style
35. __-Pekka Salonen (Finnish conductor/composer)
36. Some leathers
37. Keepsake of yore
39. Grads-to-be, briefly
41. Beverly Hills' __ Drive
42. Sporting spots
44. "Of course."
46. 'Smart' suffix (Brains)
47. Justin Trudeau's gig: 2 wds.
50. Fizzle out
51. Roman Numeral for 551
52. Bring in illegally
56. Driving and piano
61. Filmmaker, Frank __
62. Tiny
64. Sal of "Rebel Without a Cause" (1955)
65. Warning device
66. '_' __ for Alberta
67. "Farewell, mon ami!"
68. Length unit
69. Salutes from Rocky
70. Tennis great, Ivan __

Down

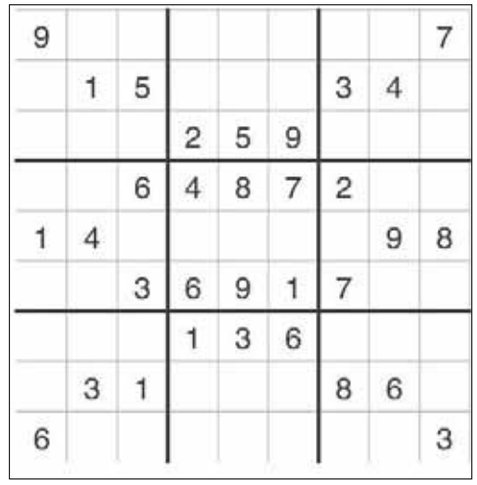
1. Hookups for Mr. Hendrix
2. Merchandise
3. Diva's showstopper
4. Take a chance
5. Dotted game tile
6. Makeup kit item: 2 wds.
7. One: Spanish
8. Horoscope sign
9. Goods transporting job in early Canada
10. Auth. unknown
11. "Nope."
12. Detective created by mystery writer Rex Stout, __ Wolfe
13. Branches-and-roots grower
21. Kind
23. Mr. Kilmer's
26. Famous person, for short
27. Marie Antoinette, par exemple
28. Actress Ms. Hannah
29. Sierra __
30. More peculiar
31. "Well, well, wells."
32. Bears: Spanish
33. Viva voce
34. Ginger Spice aka __ Halliwell
38. Poker: 2 wds.
40. Like some grapes
43. Cruise
45. Garage __
48. Allowance
49. Dreary
52. Defraud
53. Female's opposite
54. __ the crack of dawn: 2 wds.
55. Fido is furious!
57. Show allegiance
58. "Come __!" = "Welcome!": 2 wds.
59. Call for
60. Collective __ (Rock band)
63. Farm song vowels

Yesterday's Crossword



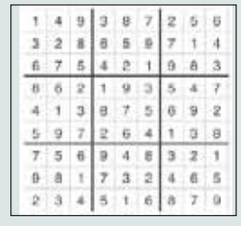
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



9								7
	1	5				3	4	
			2	5	9			
		6	4	8	7	2		
1	4						9	8
		3	6	9	1	7		
			1	3	6			
	3	1				8	6	
6								3

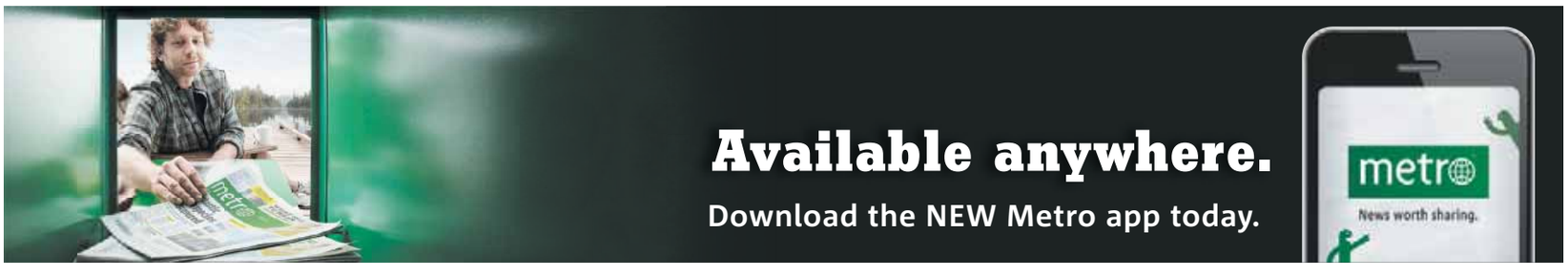
Yesterday's Sudoku



Today
23°/4°
Thundershowers
60%

Friday
16°/-2°
Rain
90%

Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD
TWN incorporates MSC data



HYUNDAI | NEW THINKING. NEW POSSIBILITIES.™

$ DOUBLE SAVINGS EVENT

0%† FINANCING FOR UP TO 84 MONTHS

ON SELECT MODELS

+ PAY ONLY 99¢/L UNTIL 2014*

GLS model shown

2012 BEST NEW SMALL CAR (UNDER $21K)

2013 ACCENT

HWY: 5.3L/100 KM
CITY: 7.1L/100 KM▼

SELLING PRICE: $14,930*
ACCENT 4 DR L 6-SPEED MANUAL.
DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

OWN IT $82 BI-WEEKLY PAYMENT | WITH 0%† FINANCING FOR 84 MONTHS + PAY 99¢/L UNTIL 2014* | AND $0 DOWN PAYMENT

FEATURES INCLUDE:
- 1.6L GDI ENGINE
- FRONT ACTIVE HEADRESTS
- FRONT, SIDE & CURTAIN AIRBAGS
- POWER DOOR LOCKS
- AM/FM/CD/MP3/USB/iPOD® AUDIO SYSTEM

INCLUDES $500 IN PRICE ADJUSTMENTS‡

Limited model shown

2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR

2013 ELANTRA

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM▼

SELLING PRICE: $16,980*
ELANTRA L 6-SPEED MANUAL.
DELIVERY, DESTINATION, FEES & $500 IN PRICE ADJUSTMENTS‡ INCLUDED. PLUS HST.

OWN IT $94 BI-WEEKLY PAYMENT | WITH 0%† FINANCING FOR 84 MONTHS + PAY 99¢/L UNTIL 2014* | AND $0 DOWN PAYMENT

FEATURES INCLUDE:
- 6 AIRBAGS
- iPOD®/USB/AUXILIARY INPUT JACKS
- POWER WINDOWS & DOOR LOCKS
- ABS WITH TRACTION CONTROL SYSTEM
- DUAL HEATED POWER EXTERIOR MIRRORS

Tech. model shown

2012 BEST NEW DESIGN
2012 BEST NEW SPORTS/PERFORMANCE CAR (UNDER 50K)

2013 VELOSTER

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM▼

SELLING PRICE: $21,330*
VELOSTER 6-SPEED MANUAL.
DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

OWN IT $126 BI-WEEKLY PAYMENT | WITH 1.99%† FINANCING FOR 84 MONTHS + PAY 99¢/L UNTIL 2014* | AND $0 DOWN PAYMENT

FEATURES INCLUDE:
- AIR CONDITIONING
- 7" LCD SCREEN WITH REARVIEW CAMERA
- BLUETOOTH® HANDS FREE PHONE SYSTEM
- 17" ALLOY WHEELS
- iPOD®/USB/AUXILIARY INPUT JACKS

Limited model shown

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

2013 SANTA FE

HWY: 6.7L/100 KM
CITY: 10.1L/100 KM▼

SELLING PRICE: $28,395*
SANTA FE 2.4L FWD AUTO.
DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

OWN IT $168 BI-WEEKLY PAYMENT | WITH 1.99%† FINANCING FOR 84 MONTHS + PAY 99¢/L UNTIL 2014* | AND $0 DOWN PAYMENT

FEATURES INCLUDE:
- SIRIUS XM RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM
- HEATED FRONT SEATS
- FOG LIGHTS
- ACTIVE ECO SYSTEM

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

HYUNDAI | NEW THINKING. NEW POSSIBILITIES.™
HyundaiCanada.com

™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Accent 4 Door L 6-Speed Manual/ Elantra L 6-Speed Manual (includes $500 in price adjustments)/ Veloster 6-Speed Manual/Santa Fe 2.4L FWD Auto with an annual finance rate of 0%/0%/1.99%/1.99% for 84 months. Bi-weekly payments are $82/$94/$126/$168. No down payment required. Cost of Borrowing is $0/$0/$1,538/$2,048. Finance offers include Delivery and Destination of $1,495/$1,495/$1,495/$1,760 fees, levies, and all applicable charges (excluding HST). Finance Offers exclude registration, insurance, PPSA and license fees. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Elantra L 6-Speed Manual for $16,980 at 0% per annum equals $94 bi-weekly for 84 months for a total obligation of $16,980. Cash price is $16,980. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,495, fees, levies, and all applicable charges (excluding HST). Example price excludes registration, insurance, PPSA and license fees. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ▼Fuel consumption for 2013 Accent 4 Door L 6-Speed Manual (HWY 5.3L/100KM; City 7.1L/100KM)/Elantra Sedan L 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM) Veloster 6-Speed Manual (HWY 5.3L/100KM; City 7.5L/100KM) / Santa Fe 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ♦Price of models shown 2013 Accent 4 Door GLS Auto/ Elantra Limited/Veloster Tech 6-Speed Manual/Santa Fe 2.0T Limited AWD is $20,230/$24,930/$24,830/$40,395. Prices include Delivery and Destination charges of $1,495/$1,495/$1,495/$1,760, fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $500 available on 2013 Elantra Sedan. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. *Purchase, finance or lease an in-stock 2013 Accent/Elantra/Elantra Coupe/Elantra GT/Veloster/Genesis Coupe/Sonata/Sonata HEV/Santa Fe Sport/Santa Fe XL/Tucson/2012 Sonata HEV during the Double Savings Event and you will receive one $0.99 per litre Esso Price Privileges Fuel Card (including applicable taxes). The $0.99 per litre Esso Price Privileges Card is issued by Esso and is subject to the terms and conditions of the Esso Price Privileges Fuel Card agreement. Customers in the provinces of New Brunswick, Nova Scotia, Newfoundland & Labrador, Prince Edward Island (collectively, "Atlantic Provinces") and Quebec will receive a maximum benefit of $0.55 per litre in the event that gas prices increase above $1.54 during the card activation period. Customers in the provinces of Ontario and Manitoba will receive a maximum benefit of $0.50 per litre in the event that gas prices increase above $1.49 during the card activation period. Customers in the Atlantic Provinces, Quebec, Manitoba and Ontario will receive a minimum discount of $0.30 per litre in the event that gas prices decrease below $1.29 per litre in these provinces. All Fuel Cards expire on December 31st, 2013. Fuel cards are valid only at participating Esso retail locations (excluding the province of British Columbia) and are not redeemable for cash. Fuel Cards cannot be used in the province of British Columbia. Fuel Cards can only be used on Regular, Extra and Premium motor vehicle grade fuel purchases only. Price with Fuel Card of $0.99 per litre applies to Regular grade fuel only. Price with Fuel Card on Extra and Premium grade fuels are $1.12 and $1.18 per litre, respectively. Price Privileges Card must be used in combination with another form of payment accepted at Esso stations in Canada (excluding British Columbia) and is redeemable in-store only. Only one Price Privileges Card can be used per transaction. Based on Energuide combined fuel consumption rating for the 2013 Accent Auto (6.3L/100km)/Elantra Auto (6.3L/100km)/Elantra Coupe Auto (6.6L/100km)/Elantra GT Auto (6.6L/100km)/Veloster 1.6L Auto (6.3L/100km)/Genesis Coupe 2.0L Auto (8.6L/100km)/Sonata 2.4L Auto (7.3L/100km)/Sonata HEV Auto (5.2L/100km)/Tucson 2.0L Auto (8.2L/100km)/Santa Fe Sport 2.4L FWD Auto (8.6L/100km)/2012 Sonata HEV Auto (5.3L/100km) and the combined fuel consumption rating for the 2013 Santa Fe XL 3.3L FWD (9.9L/100km) as determined by the Manufacturer as shown on www.hyundaicanada.com at 15,400km/year which is the yearly average driving distance as referenced by Transport Canada's Provincial Light Vehicle Fleet Statistics, 2011, minus one full tank of fuel provided at the time of delivery of 2013 Accent (43L), Elantra (48L), Elantra Coupe (50L), Elantra GT (50L), Veloster (50L), Genesis Coupe (65L), Sonata (70L), Sonata HEV (65L), Tucson (58L), Santa Fe Sport (66L), Santa Fe XL (71L), 2012 Sonata HEV (65L), this is equivalent to $0.99 per litre gas up to a total of 725 Litres (2013 Accent/Elantra/Elantra Coupe/Elantra GT/Veloster), 800 Litres (2013 Sonata/2013 Sonata HEV/2012 Sonata HEV) and 1,000 Litres (2013 Genesis Coupe/Tucson/Santa Fe Sport/Santa Fe XL). Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †Ω*♦Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.